



Valentine-oriented hearts engage in sweet pleasures.

Food, Page 1C



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VOLUME 21, NUMBER 12

WEDNESDAY, FEBRUARY 12, 1997

FIFTY CENTS

Davis bill aims at illegal firearms

SPRINGFIELD — State Rep. Steve Davis resurrected a bill Thursday that he wrote two years ago, that would require harsher penalties for felons who illegally carry firearms.

But unlike the bill of 1995 that never reached the floor of the House of Representatives, this year's measure sailed through the Judiciary-Criminal Law Committee with a unanimous vote of approval.

Under provisions of House Bill 140, unlawful use of a firearm by a felon would be elevated from a Class 3 felony with a penalty of two to five years in prison to a Class 2 felony, which carries a prison sentence of three to seven years.

To add more teeth to the bill, it makes the offense "non-probationable," meaning a convicted person must serve at least the mandatory minimum sentence.

Davis, D-Bethalto, said it feels good to finally have his first bill leave committee and be up for a vote by fellow representatives.

It is a good anti-crime bill that keeps the bad guys in jail where they belong for a minimum of three years.'

— Steve Davis

"I hope I can get it through the House and Senate and on to the governor's desk. It is a good anti-crime bill that keeps the bad guys in jail where they belong for a minimum of three years."

Davis, who has represented the district since 1991, said he is proud that his first bill to pass out of a committee is a "meaningful bill and not another license plate bill."

(See DAVIS, Page 4A)

\$24,000 a year for life

Local woman is a winner in lottery game

By Michelle Duell
Staff writer

When 47-year-old Shirley Rainey bought an instant scratch-off lottery ticket for \$1 at a 7-Eleven in Granite City, she had no idea she would win \$24,000 a year for the rest of her life.

The mother of five children and grandmother of five more children said she rarely bought lottery tickets. She bought the winning ticket and six others on a "whim."

"I can plainly remember the night I bought them," Rainey said. "I actually didn't scratch them off until the next morning. Two weeks later, I sent my daughter to the store and told her to turn them in. I was tired of carrying them around in my pocket."

The \$1 ticket, in "The Holiday Win for Life" instant game, was cashed in by her daughter, Shelly, at the 7-Eleven store at Niedringhaus and 19th Streets.

"At first, I didn't believe it, because the (children) make fun of me," Rainey said. "When I finally was convinced, I was elated!"

"I was so scared to let it



(Staff photo by JOHN FRESE)

(the ticket) go. I was afraid of getting ripped off. I couldn't imagine turning loose of it."

Rainey, according to instructions, did take the ticket

to the lottery office in Cahokia. There she filled out necessary papers and received a receipt. Then, she was told she would

(See LOTTERY, Page 4A)

In the Journal

Index

Calendar	5B
Classified	1D
Family	6B
Food	1C



Pontoon 'errors, omissions' cited

By Michelle Duell
Staff writer

According to a letter issued Feb. 4 from a law firm that represents Pontoon Beach, homes were allowed to be built in the community's flood plain because of errors and omissions committed by village officials.

The letter was brought up Monday before committee members who are meeting monthly to review findings for the Federal Emergency Management

Agency, which claims the homes are in a Flood Hazard Area.

The letter was sent to the National Casualty Co. of Scottsdale, Ariz., from the law firm representing Pontoon Beach — Susman, Scherner, Rimmel & Shifrin, L.L.C.

The homes in question are located in the village's St. Albaker and Chouteau subdivisions and are in danger of losing low-cost flood insurance.

"If we don't comply with FEMA, the village would be put on probation until

everything is corrected. If we were put on probation, everybody's flood insurance would go up \$50 a year," said Mike Macek, chairman of Pontoon's FEMA Committee.

"Building inspectors are being taken to, and an examination as to who failed to enforce the ordinances is taking place," Macek said.

As a result of the findings, homeowners are asked that building permits were issued by officials allowing them to build in the flood plain.

Profile

Jill Wagenblast knows when the Madison County Humane Society's Edwardsville shelter has visitors.

She knows without even stepping out of her office. But sometimes she does anyway.

"It's a lot of fun to see people getting acquainted with the animals," Wagenblast said. "The kids get really excited just being here. People in general 'ooh' and 'ah' over the animals."

Wagenblast's office shares a common wall with the "get acquainted" and "puppy" rooms.

"You can always tell when someone's here," Wagenblast said. "The puppies go wild. I must say at the stage people get to where they can just turn out noise because most of the time I don't hear them."

Wagenblast of Glen Carbon joined MCHS on

(See WAGENBLAST, Page 4A)

Shirley Rainey at her restaurant in Granite City.

New Humane Society director gets a 'blast' from her charges

By Nicole Vaughn
Staff writer

Jill Wagenblast knows when the Madison County Humane Society's Edwardsville shelter has visitors.

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(See WAGENBLAST, Page 4A)



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Open house — Above, David Ray shows his son, Andrew, 4, how to locate the family's home on the globe in his daughter Lauren's Lake School classroom during a recent open house. At right, Kim Yokeley, 6, looks through some of the school projects at the open house to show her mother, Debbie. Below left, Taira Baumeyer, 10, shows her mother, Lisa Plantz, a poster she made. Below right, Al Bourbon looks at some of son Austin's work, which was posted in his classroom during open house. Watching in the foreground is Austin's friend, Ryan Waterford. Both boys are 7.



(Staff photos by JOHN FRESE)



Internships to take students outdoors

ALTON — Some college students will have a chance to get one step closer to their dreams this summer.

More than a dozen internships are being offered throughout Illinois for college juniors, seniors and graduate students studying forestry, park management, recreation, administration, wildlife resources and rural and urban forestry.

The positions are full time and run from May 16 through Aug. 15. At least two of the internships, which pay \$1,000 a month, will be available in the River Bend area.

Department of Natural Resources Regional Land Manager Rick Messinger said he would be coordinating one intern at Pere Marquette State Park in Grafton to assist the park interpreter and perform other tasks.

"The student will handle different aspects of working with the public, getting some administrative duties and some recreational things. They'll get exposure to all components of park management and outdoor recreation. It's a great opportunity."

Qualified students for the Pere Marquette internship as well as one at the Department of Natural Resources office in Alton will gain practical knowledge of their chosen profession. Preference will be given to those requiring an

internship before graduation. Regional Forester Tom Lamer said he would interview all students seeking a summer position in the Alton area or on Fosterburn Road and that the competition will be tough.

"They have to be studying forestry or a related field. Once again, they have to have successfully completed a basic tree identification course."

The students selected to work in Alton will focus on woodland management and urban forestry. Duties will include tree planting, street tree inventory and troubleshooting insect and disease problems.

Additional four- to six-month internships are available at 10 other sites throughout the state.

For applications or additional information, call the Department of Natural Resources at 462-1181.

From The Telegraph

Dinner to salute volunteers

The federal government may take something away when it comes to taxes but its St. Louis area employees also give something back to the community, particularly when it comes to raising money for charity.

Some of those employees who volunteered their time to help raise \$1.5 million for charity last year will be cited at the 1996 Combined Federal Campaign (CFC) recognition luncheon next week.

The luncheon is set for 11 a.m. to 2 p.m., Wednesday, at Fischer's Restaurant, 2100 West Main St., in Belleville. More than 200 people are expected to attend.

Honored will be federal employees from throughout an 11-county area in Missouri and Illinois who helped raise money during the CFC fund-raising campaign.

The CFC campaign is the sole annual workplace solicitation of charitable contributions from 37,000 federal employees in the area who can range from postal workers, to federal agency employees, to military personnel.

About 75 organizations along with 50 individual volunteers are recognized at the luncheon. About 3,000 employees are active in raising money for the campaign, which provides funding to more than 1,400 charitable organizations. Some of those organizations also will receive checks at the luncheon for the amount they will receive from the campaign.

The Federal Executive Board, an organization of federal employees, is the driving force of the campaign. The campaign chairman is Ronald J. Lambert, district director for the Internal Revenue Service in St. Louis.

For more information on the program and luncheon, contact John Glenn, PCFO campaign director, at (314) 539-4125. The United Way of Greater St. Louis provides consulting services to the campaign.

Shrine sponsors 'Renewal of Faith'

The National Shrine of Our Lady of the Snows invites you to a "Renewal of Faith." The renewal will begin at 7 p.m. Sunday, Feb. 16, and run through Thursday, Feb. 20.

Fr. Michael, pastor to the Holy Father's call to the 1997 Year of Faith, the National Shrine of Our Lady of the Snows and Our Lady Preaching Team, the Revs. John Ettensohn, OMI, and Lon Kowald, OMI, offer this five-day renewal to help revive your faith through music, community, ritual, fellowship and the Word.

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For more information, call June Bricker at the Shrine at 397-6700.

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Therapeutic — Alicia Skirball of Granite City, left, Caroline Renner of Belleville and Christopher Keith of Edwardsville play three of the principal characters in "Beyond Therapy," a comedy being presented at Southern Illinois University at Edwardsville this weekend and next. Performances are set for 7:30 p.m. Feb. 14, 15, 21 and 22 and 2 p.m. Feb. 23.

Glen Carbon delays action on strip mall

Developers will need to fine-tune the final plat before Glen Carbon officials make way for a proposed hotel and strip mall at the foot of Sunset Hill.

The Planning and Zoning Commission reviewed the final plat for Sunset Terrace at the corner of Illinois Route 157 and Interstate 270 last week, but officials put off approval until developers finish necessary details.

Developers Pete Fields and brothers Bob and Mike Bruegge announced plans in December for an Amerihost hotel on a 1.6-acre parcel with a swimming pool and several meeting rooms. A full-service restaurant and large furniture store have also been proposed.

Commission member Jessalyn Frank said the village needs covenants and restrictions accompanying the plat to meet requirements of the subdivision's control ordinance.

Developers also need to add easements and determine who will be responsible for any and common areas left undeveloped in the plan.

"The committee wants to know what they're going to do with the undeveloped lots, and who will care for them so they will not grow up in weeds," Frank said.

Other committee members were concerned

with the change in the slope of the 34-acre site and its possible effect on the privacy of nearby Glenwood Estate neighbors.

Officials wanted that the natural, visual buffer created by the ravine would be reduced with the change in grade level.

Fields said developers have agreed to a 100-foot buffer zone at the rear of the property and plans to meet with subdivision representatives to discuss the plans proposed.

Developers will add a retaining wall at the front of the site to set off the hotel and then terrace the slope, Fields said.

The change in grade allows easier access to the property from Route 157, but that entry road could be moved farther south when the Illinois Department of Transportation completes an intersection design study in two weeks.

The access road could be moved in line with a service station entrance, which would add to the safety and turning space into the site, Sunset Terrace engineer Patrick Netemeyer said.

Zoning officials plan to take another look at the revised plat in two weeks.

— From The Telegraph

Hotel/motel tax is approved

Glen Carbon officials are ready with a new hotel/motel tax before the first lodging establishment opens its doors.

The village board has approved a 5 percent tax on gross room receipts several months before the town's first hotel is expected to open at Illinois 157 and Interstate 270.

The new tax could produce an estimated \$20,000 a year once developers Pete Fields and Bob and Mike Bruegge complete plans announced in December to open an Amerihost hotel at the intersection.

The new tax must be used only for tourism and convention-type activities, but it could free general revenue funds used now for those purposes.

The village routinely helps fund the annual Harvest Homefest and Applefest celebrations that could draw on the tourism funds, officials said.

The board agreed to change zoning from agricultural to commercial to accommodate the hotel complex that includes a possible strip mall, restaurant, furniture store and other businesses, provided the developers agree to a buffer zone to accommodate neighbors.

Fields said he has met with nearby homeowners and will include that agreement with the final phase of the development.

— From The Telegraph

Farmers market being planned

Organizers are hoping that enthusiasm over a planned downtown farmers market will continue to grow.

City officials have agreed to close State Street between Mark Twain Plaza and the Madison County Courthouse for the Land of Goshen Community Market, a planned weekly event centered around summer fruit and vegetable vendors and folk art and entertainment.

Officials also recently announced a \$3,000 grant from the city's Tourism Commission. The market will use the money collected through the city's 3 percent hotel/motel tax, to promote the new festival and provide entertainment.

"We want to run solstice to solstice, June 21 to Sept. 21," Chairman Jamie Henderson said.

Henderson's volunteer group envisions dozens of booths brimming with seasonal produce brought in by local gardeners and augmented by

groups of visual and performing artists and folk artists.

"We want folk art booths with blacksmiths or potters or basket makers. We're going after the folk art and will tap into Southern Illinois University at Edwardsville," he said.

"There are some uncertainties that startup costs are high, but Henderson said the market should be known for quality from the beginning. Later, the market could bring in violin makers or other specialized artists demonstrating their expertise, he said.

"From there, we will also encourage the full support and participation of downtown merchants to help create the atmosphere for a community event with the energy and enthusiasm to bring people downtown," he said.

"We want live music on a weekly basis and mimes, face painters and pony rides," Henderson said.

Service groups also will be invited to add booths offering a variety of wares, and the University of Illinois Cooperative Extension Service has agreed to help recruit gardeners and farmers.

Henderson said the festival could be planned after the 25-year-old Madison Market in Wisconsin that draws 20,000 people to 300 vendor booths set up around the capitol building.

— From The Telegraph

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NEWS

Airlift's mission: To save life, limb

By Kimberly Haas
Staff writer

Flying about five missions per day is normal for crews with the 375th Airlift Wing at Scott Air Force Base.

"Our main mission is to save life and limb," said Capt. Phillip Cook Jr., a registered nurse with the 375th.

The 375th's unit flies about 25 scheduled aeromedical missions throughout the country each week. In 1996, an average of 1,450 patients were moved each month.

"We take the terminally ill home to their families. We can divert a whole mission to pick someone up, depending upon how sick they are," Cook said.

Capt. Chris Morgan, a pilot with the 375th, said a flight mechanic, two pilots, two nurses, and three medical technicians normally fly on the missions with the patients.

"We can carry 44 litters (on the C-9A Nightingale, a military version of the DC-9)," he said.

Being able to carry 44 litters, or patients, is one reason the aircraft is invaluable to the wing's main mission — saving life and limb.

The aircraft is the only one in Scott's inventory specifically designed to move litters and ambulatory patients.

Two C-9A Nightingales are currently operated out of Scott's Air Mobility Command by the 375th.

Members of the Air Force Reserve's 32nd Airlift Wing, stationed at Scott, also fly with the active duty members of the 375th, using the same aircraft and facilities.

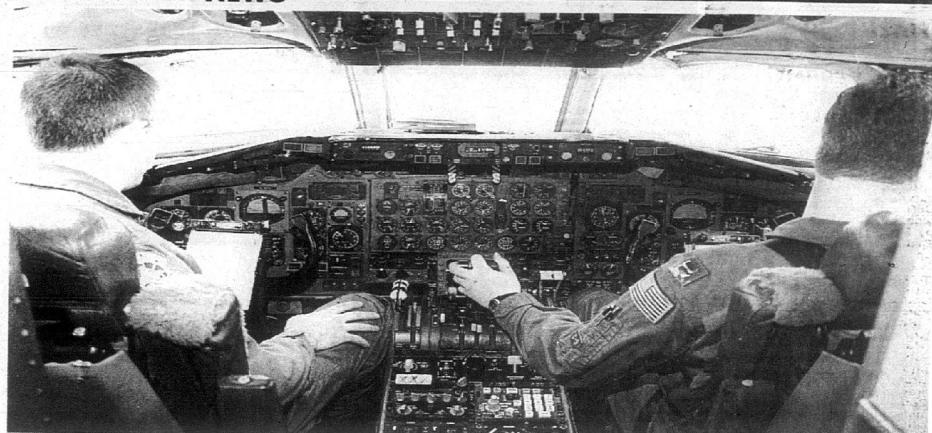
"We take the terminally ill home to their families. We can divert a whole mission to pick someone up, depending upon how sick they are," Capt. Phillip Cook

Reservist and medical technician Simone Reeves said she flew five missions in December, with the average mission taking about 10 hours. A 16-year veteran of the reserves, Reeves said she has 5,100 flight hours under her belt.

"I'm the third generation of females in my family to serve in the military," she said. For Reeves, the ability to take care of seriously ill patients on the aircraft is the most satisfying part of the job.

Acting as a hospital in the skies for sick patients, a C-9A Nightingale provides patients with the comfort and equipment needed in medical emergencies.

The aircraft includes such necessities as vacuum and oxygen outlets; a medical supply work area with a sink, storage area, and work table; and a hydraulic folding ramp, allowing for the efficient loading and unloading of patients.



Capt. Chris Morgan, left, and Capt. Donald Mathews go through an instrument check before takeoff.

Seats within the aircraft can also be removed to accommodate patients and

medical equipment during missions. Medical teams flying the missions are often reconfigured too.

Past missions of the 375th include providing aeromedical services to a U.S. Army medic injured in a crash at Pope Air Force Base in 1994; providing an aeromedical airlift to the U.S. Army helicopter pilot downed during Operation Provide Hope in Somalia; taking children injured in the 1988 Armenia earthquake to several hospitals in the U.S. and airlifting Armenian hostages out of Iran in 1979 and 1980.



Above, Tech. Sgt. Simone Reeves examines the medical supply area on the C-9A. At right, a dummy is used to show how the plane's interior can be reconfigured to accommodate litters.

(Staff photos by T.L. WITT)



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NEWS

Nursing home head faces prison sentence

A former Alhambra nursing home director is facing up to 12 years in a federal prison for his guilty plea Thursday to embezzling more than \$1.5 million from the home, an elderly resident and a construction company.

John R. Leyerle, 44, of Edwardsville, pleaded guilty in U.S. District Court in East St. Louis to charges of embezzlement and filing a false income tax return in 1994. He also faces a fine of up to \$1 million.

Leyerle, the former executive director of Hite Memorial Home, agreed he stole more than \$540,000 from the Alhambra home by making overpayments to himself. He also admitted stealing about \$200,000 from an elderly patient after taking control of the patient's banking accounts.

Leyerle, who was suspended from his duties by the nursing home's board in January 1995, also admitted to spending more than \$800,000 from the nursing home and Korte Construction Co. by falsifying records so that funds intended for construction at the nursing home actually went to his own personal use.

Leyerle also admitted he knowingly failed to report all of his income for the 1994 tax year.

Woman indicted in death

By Mark Hodapp
Staff writer

Three indictments were filed Friday against a West Columbia, Texas, resident who allegedly killed her daughter 35 years ago. Mary M. Morgan, 56, is being held at St. Clair County Jail on \$1 million bond.

In December, Morgan was charged with murdering her stepdaughter, Michele Morgan, who died on Aug. 10, 1961. She was 4 years old.

About a dozen of Morgan's friends and supporters, including her husband, Billy, were at St. Clair County Courthouse when the indictments were read.

The indictments also include one count of murder and two counts of involuntary manslaughter.

The punishment for murder is a minimum of 14 years at a maximum of life imprisonment, State's Attorney Robert Haida said.

The involuntary manslaughter counts carry a maximum punishment of 14 years imprisonment.

Morgan showed no emotion leaving the courthouse. She, however, started to cry as her indictments were read.

Billy Morgan had no comment after leaving the courthouse. Billy was a military officer at Scott Air Force Base when the alleged murder occurred.

A bond reduction hearing is expected to be held Tuesday or Wednesday, according to her attorney, Randy Kelley.

Kelley said in the hearing he will ask that Morgan's bond be reduced and that she be released from prison because of her health. Morgan has cancer.

"She wants to confront these charges," he said.

Interest in the death was renewed last year when Michele's older brother, George Morgan, an inmate at Missouri prison, told St. Clair County Probation about the abuse his sister allegedly suffered under her stepmother.

In his letter, Morgan wrote that he saw his stepmother beat his sister to death at their home just outside of Mascoutah.

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SAT. 8 AM - 12 NOON

U.S. District Judge Paul Riley is expected to sentence Leyerle May 9.

Officials were not available Thursday to comment on the case, which was investigated by the Medicaid Fraud Control Unit, the Internal Revenue Service, the FBI and the Southern Illinois Health Care Task Force.

Members of the nursing home's board of directors declined to comment.

—From The Telegraph

Holbrook at office here today

State Rep. Tom Holbrook, D-Belleville, will hold open office hours from 1 p.m. to 2:30 p.m. today, Wednesday, at his Granite City office, 1310 Niedringhaus Avenue.

Anyone may stop by during open office hours.

Appointments can be made at other times by calling 451-0200.

Heart Program
A free community health-education program**Wednesday, February 19**

Roop Lal, M.D.

6-7 p.m. Heart Information Open House—Exhibits will feature information on the diagnosis, treatment, and prevention of heart disease. Heart-healthy food preparation will be demonstrated by hospital's Executive Chef Brian Pehr—samples and recipes will be available.

7:00 p.m. Two cardiac rehabilitation patients will be crowned "King and Queen of Hearts."

7:15 p.m. "How to be Heart Smart," presented by Cardiologist Roop Lal, M.D., Cardiology Consultants, Inc.

A Cardiac Risk Blood Profile will be offered on Saturday, February 15. Fasting is required. Fee is \$15. Results will be available at the Heart Program on Wednesday, February 19. Registration is required.

To register for Heart Program and/or Blood Profile, call 234-2120, ext. 1575.

St. Elizabeth's Hospital of Belleville

Program sponsored by St. Elizabeth's Hospital and
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Available in pink, white and red. Perfect accent for any room in your home! Reg. 4.99... SALE 2.49

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Handy 2-oz. squeeze bottles. Several colors! Reg. 1.39 ea.

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Sale ends 2-15-97



Lincoln's 3-DAY SALE & Values!

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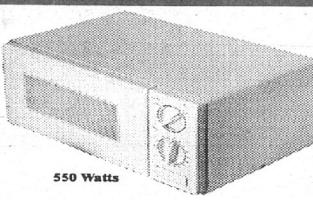
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Hurry, limited to stock.
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While quantities last.



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ENTERTAINMENT CENTER,
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CART. Reg. 26.99 each.
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MICROWAVE.
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rates. 2 power levels.
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or slate blue.



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Full sheet set, curly 10.99.
Set includes 1 flat sheet, 1 fitted
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While quantities last.



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King or full/queen,
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See store for details. Not valid with any other offer.

Wednesday

Sports



Patrick Heston

Prep girls gearing up for sectionals

Three area teams compete in the Belleville East girls basketball sectional complex beginning Monday, Feb. 17.

East St. Louis Lincoln, the fourth seed, opens against elev-

enth-seed Alton on Monday at 7:30 p.m.

East St. Louis Senior, seeded 14th, faces third seed Jersey-

ville at 7:30 p.m. on Feb. 18.

Granite City, the fifth seed,

takes on second seed Belleville

East, also at 7:30 on Feb. 18.

Other teams are Taylorville

(1), Edwardsville (5), O'Fallon

(6), Belleville West (7), Bethalto

to Civic Memorial (8), Cahokia

(9), Chatham (10), Jacksonville

(11), and Cahokia (12).

The Belleville East sectional

advances to the Saluki regional

where they will face the

winner of the Mt. Vernon

sectional for a trip to the state

finals at Redbird Arena on the

campus of Illinois State University.

The Belleville East sectional

complex is one of the most

competitive in the state this

year and should feature good

games in every round.

Best bet: top-seeded Taylorville. The Lady Tornadoes are 22-0, have won in state polls, and coming off a sectionals against state powers, Peotone (53-51) and Chicago Marshall (71-50). Allison Curin (23 ppg) leads a solid line-up of three juniors, one sophomore and a senior. Ousted by Jerseyville in last year's sectional, the girls of Carol Wilson seem almost unbeatable this time around.

Most overrated: Jerseyville.

The Lady Panthers are good, make no mistake about it, and could conceivably win it all if they were on top game. They haven't lost since losing twice at the Mascoutah Tournament. But they could be in trouble, even in the weaker local bracket, due to their lack of overall height. Defense and quickness have carried them all season; but they need size they don't have to challenge for the sectional title.

Unknown Factor: O'Fallon. The Lady Panthers are probably the area's most inconsistent team. Their roller-coaster year has produced some big wins but losses they should never have suffered. The definite totem pole of darkness they are on, could crash everybody's party. If not, they'll never make the sectional semifinals.

Best chance of an upset: O'Fallon or Belleville Civic Memorial. The last East sectionals open with Collinsville, then must face top-seeded Taylorville, which drew a first round

(See PAT, Page 3B)

Area wrestling war escalates after regional

By Patrick C. Heston
Staff writer

Get ready for Granite City vs. Civic Memorial, the sequel. Twelve Eagles and 13 Warriors made it on to the Class AA sectional Feb. 14-15 at Granite City.

GCHS edged Bethalto 235 1/2 to 222 to capture team honors at the Cahokia regional. The two squads squared off in a dual meet at Granite City — with the regional team title at stake — on Tuesday at 7 p.m.

Despite the Warriors' narrow team victory on Saturday, the Eagles made a definite statement of their own. Had this been a dual meet, it would have been a dual meet, with each squad given six points for the two weight classes in which they did not wrestle. Civic Memorial would have won 34-28.

"We feel kind of positive," said Eagles coach Steve Bradley.

Civic Memorial's dozen wrestlers to advance, eleven reached the title match and seven were champions. Jeremy Christeson (171 pounds), who won his fourth consecutive regional title and



Staff photo by JOHN FRESE
Gary Moore of Cahokia battles Granite City's John Kelly during the Cahokia regionals. Moore went on to win second place in the 125-pound weight class.

the 149th match of his career, moved to 37-0. Travis Zimmerman (160) improved to

33-3, as did Ike Sullivan in the 135 pound class. Other Eagles to win titles were 35-1 Steve

Bryant (103), 35-2 Jake Sullivan (140), 25-9 J.C. Cox (125), and 36-14 Tim Walker

(152). In head-to-head competition in title matches with Granite City, CM won six of ten.

Bradley expected Tuesday's fight to be "a heck of a dual meet."

GCHS coach Mike Garland may have too, but he didn't say it. "We're just going in to win," he said. "We're not other meet," he said. "We'll see what happens when we get there. There's no pressure on us."

He's (Bradley) the one with all the pressure on him," he's got eight or nine stars qualified. He's got the higher-ranked squad. Sure, if Saturday had been a dual meet, he'd have been in the lead with a dual meet. And the bottom line is, he has never beaten us in a dual meet. We're not making any changes, but he must adjust and line up if he's going to beat us."

The Warriors' Ryan Wethen (135 pounds) placed third Saturday, while Gary Oxford (140), Mike Miller (152), David Thompson (152), Ike Neuman (160) and George Kirgan (171) all placed second. Brooks Narvaez (140), back on the mat after a considerable absence to rest his injured

(See WAR, Page 3B)

3-0, and Jake

Zimmerman (160) improved to

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135 pound class. Other Eagles

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Narvaez (140), back on the

mat after a considerable

absence to rest his injured

(See WAR, Page 3B)

Dowdy adds Juco Player of Year to accolades

By Dave Whaley
Staff writer

Staci Dowdy's soccer career can be traced with a fairly consistent, upward curve. The latest honor might just be another on the trip to the top.

Dowdy, a midfielder for the Lewis and Clark Community College women's soccer team, was named Junior College Player of the Year recently. That honor is handed out by United States Junior Soccer Coaches Association of America.

Dowdy received the award at the NSCAA's annual convention Jan. 18 in Nashville, Tenn.

"It really hasn't hit me yet," Dowdy said. "I can't believe I've won this wonderful award."

A quick look at her stats might help Dowdy realize why she

(See DOWDY, Page 3B)

Staci Dowdy, GCHS graduate

Staci Dowdy,

SPORTS

Journal Writers' Poll
Girls Basketball**LARGE SCHOOLS**

1. Gateway Tech (18-0).....70
2. Belleville East (22-3).....63
3. Pattonville (15-3).....43
4. Troy (18-3).....43
5. St. Joseph's (14-6).....36
6. Francis Howell N. (19-4).....36
7. North Hanover (14-6).....24
8. Edwardsville (15-7).....23
9. Parkway South (16-5).....23
10. Lincoln (15-5).....5
Also receiving votes: Ladue (13-6), Lindbergh (11-5).

SCHOOL SCHOOLS

1. Rosary (18-1).....70
2. Incarnate Word (17-4).....62
3. Eureka (16-2).....57
4. John Burroughs (13-3).....47
5. Wellston (15-2).....37
6. Windsor (14-3).....34
7. Ursuline (14-5).....21
8. Principia (13-4).....20
9. Lutheran-SC (12-4).....10
10. Villa Duchesne (12-8).....6
Also receiving votes: St. Dominic (13-6), Lutheran South (12-8), Duchesne (10-10).

Journal Writers' Poll
Boys Basketball**LARGE SCHOOLS**

1. DeSmet (22-1).....70
2. Belleville East (18-3).....63
3. CBC (16-4).....56
4. Vashon (16-2).....48
5. Parkway Central (19-4).....34
6. Hazelwood East (17-3).....32
7. Lafayette (18-4).....30
8. DeSoto (19-3).....19
9. Edwardsville (17-2).....17
10. Riverton Gardens (12-7).....6
Also receiving votes: Pattonville (14-5), Lindbergh (15-3), Masconau (14-6), Francis Howell (13-7), University City (12-7) and Troy (17-4).

SCHOOL SCHOOLS

1. Madison (16-6).....69
2. South County Tech (15-0).....63
3. John Burroughs (15-3).....56
4. Freeburg (15-6).....41
5. Venice (13-7).....41
6. Columbia (15-5).....37
7. Festus (16-4).....27
8. Rosary (13-6).....22
9. Metro East Lutheran (15-3).....12
10. Crystal City (10-7).....7
Also receiving votes: MCDOS (13-7), Luther South (11-8), DuBourg (16-4), St. Charles (10-11), Wellston (10-5) and Westminster (14-4).

Journal Writers' Poll**Wrestling****WRESTLING**

Team (Last week's rank).....Votes
1. St. Charles West (1).....69
2. Granite City (3).....57
3. Francis Howell (5).....56
4. Fox (4).....46
5. O'Fallon (2).....53
6. McCluer (8).....27
7. Parkway South (7).....25
8. Edwardsville (6).....19
9. Lindbergh (10).....13
10. Belleville West (*).10
11. Edwardsville (11).....10
12. Hazelwood Central, Collinsville, Francis Howell, North, Ritenour, Fort Zumwalt North, CBC, Vianney, DeSmet.

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Prep basketball**METRO GIRLS****Archdiocesan****Team****Conf****Overall****Incarnate Word****Conf****Overall****Rosary****Conf****Overall****DuBourg****Conf****Overall****Aquinas-Mercy****Conf****Overall****Kennedy****Conf****Overall****Cardinal Ritter****Conf****Overall****Cahokia****Conf****Overall****Carlyle****Conf****Overall****Breese C.****Conf****Overall****Weslaco****Conf****Overall****Columbia****Conf****Overall****Freeburg****Conf****Overall****Waterloo****Conf****Overall****Lindbergh****Conf****Overall****Four Rivers****Conf****Overall****Gateway****Conf****Overall****Howell****Conf****Overall****Wentzville****Conf****Overall****St. Charles West****Conf****Overall****Durkee****Conf****Overall****FT. Zumwalt North****Conf****Overall****St. Charles South****Conf****Overall****St. Charles North****Conf****Overall****St. Charles Central****Conf****Overall****St. Charles Central****Conf****Overall****Great Overland Trails****Conf****Overall****St. Charles****Conf****Overall****Orchard Farm****Conf****Overall****ME Lutheran****Conf****Overall****Westminster****Conf****Overall****Valley Park****Conf****Overall****Independents****Conf****Overall****Team****Conf****Overall****St. Dominic****Conf****Overall****Madison****Conf****Overall****Collinsville****Conf****Overall****DeSmet****Conf****Overall****St. Dominic****Conf****Overall****White****Conf****Overall****St. John's****Conf****Overall****St. John's****Conf****Overall****MICDS****Conf****Overall****MWAA Blue****Conf****Overall****Ursuline****Conf****Overall****Notre Dame****Conf****Overall****St. Elizabeth's****Conf****Overall****Whitfield****Conf****Overall****St. John's****Conf****Overall****MWAA Red****Conf****Overall****Team****Conf****Overall****St. Dominic****Conf****Overall****Madison****Conf****Overall****Heitman****Conf****Overall****McCluer****Conf****Overall****Westminster****Conf****Overall****St. Dominic****Conf****Overall****St. Dominic**

SPORTS

•Madison - •Dowdy

(Continued from Page 1A)

to pour in 25 against Alton. Dennis Simms, who has been off his game since the Ashville tournament, got back on track with a 14-point outing. Tywansley Pattin, who was instrumental in shooting by Venice, contributed 12 points. And Kevin Bradley continued his steady play, adding 8 points to the Madison attack.

"It was good to have Simms back," said coach Mike Collins said. "And I can't say enough about Baker. He raised his game a level this weekend."

The only complaint I have with him is that I wish he would pull up and shoot a short jumper instead of slashing all the way to the basket each time he penetrates."

Madison started slowly, allowing Alton to build an 18-12 first-quarter cushion. But the Trojans dug in their heels and gained a basket advantage in the second quarter to pull within 32-28 at the half.

The Redbirds inched their way to a 52-44 lead after three quarters and increased it to 12 in the final frame before Madison rallied.

Collins didn't hesitate to lay blame where blame was due.

"Our defense let us down," he said firmly. "A team shouldn't score that many points against us. We were lackadaisical on defense. We made a run down the stretch, but whenever we got into our defense, our defense would give up an easy shot at the other end."

"We have to shore up our defense a bit and make a couple of small adjustments, but we'll be ready for our last three games, and we'll be ready for the regional."

Madison hosted Lovejoy on Tuesday and will meet Patoka at 5 p.m. on Friday in a sectional shootout and finish the regular season Feb. 21 on the road against Teutopolis.

•Pat

(Continued from Page 1B)

Bye. But Lady Tornadoes coach Carol Wilson is wary of CM.

"Their style of play bothers me," she said. "They could give us some problems. So could O'Fallon. We don't know about them from game to game."

Of the three area teams, Lincoln has the best chance of advancing. But if they do, the sectional will do so by traveling perhaps the most difficult road in the sectional. They would have to knock off the likes of Edwardsville, Taylorville and Jerseyville in successive games.

DO YOU SUFFER FROM CHRONIC SHINGLES?

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Washington University School of Medicine Pain Management Center is seeking participants to investigate the effectiveness of a new oral drug in the control of chronic (longer than 3 months duration) pain. This is a double-blind placebo controlled study and all study medication, clinic visits and laboratory work are provided at no charge after initial evaluation. For more information call the Washington University Barnes-Jewish Pain Management Center, at (314) 362-6820.

(Continued from Page 1A)

deserved the award. The 1995 Granite City High School graduate had 28 goals and 20 assists last fall for the Trailblazers, who finished 13-5 and were ranked 16th in the state. Junior College Athletic Association coaches poll. Those 76 points placed Dowdy second in the nation.

Dowdy was a first-team NSCAA/Umbro All-America midfielder and also earned the NSCAA/Umbro South Central Regional team. She was named the No. 1 player in Region 24 each of the two years at LCCC.

Although Dowdy is all-around, her soccer, Dowdy's scoring is the most tangible evidence of her skill.

"She has a very hard and accurate shot, and is just as deadly outside as well as inside the box," LCCC coach Tim Rooney said.

There isn't much doubt as to how Rooney feels about his star player.

"She is the best player — man or woman — that I've coached

in my 11 years at Lewis and Clark," he said. "Her ability to dominate play up front in the midfield or as a sweeper, makes her that special marquee player."

That versatility was evident during her high school days in Granite City, where she played for one of the finest prep soccer coaches in the nation, Gene Baker. Dowdy was a three-year starter for the Lady Warriors and helped them advance to the state tournament in 1993 and '94.

Dowdy led the Lady Warriors in scoring as a junior in 1994 when they placed fourth at state. As a senior in 1995, she was selected team MVP. All-Metro, All-state and one of the top players in southern Illinois, although GCHS lost to O'Fallon in an section play.

The versatility the Rooney spoke of was evident during her senior year in high school.

"Staci's role changed from her junior year to her senior year," Baker said. "We needed her to lead by example as a junior, and she played all over as a senior — sweeper, midfield, wherever

needed."

Baker realized quickly that Dowdy had all the components to take on each role.

"Staci has stamina, a strong right foot and flat-out has a nose for goal," he said. "She doesn't feel uncomfortable or pressured knowing she's shouldering scoring responsibilities."

LCCC turned out to be the perfect fit for Dowdy, as her skills continued to grow. She scored 14 goals and 12 assists for 40 points as a freshman in the fall of 1995, earning second-team NSCAA and second-team NSCAA All-American honors.

Last season, Dowdy scored in 11 of the 17 games in which she played and had six multiple-goal games.

Dowdy is the first LCCC athlete to be named a national player of the year in any of the 10 sports in which the Trailblazers compete.

To be considered for Player of the Year honors, an athlete has to be selected an All-American two consecutive years. More than 120 Division I junior college players are competing for the honor.

•Bowl

(Continued from Page 1B)

21-time titlist and local favorite Pete Weber, PBA Hall of Famers such as Walter Ray Williams Jr., Mike Aulby, Brian Voss, Amleto Monacelli, David Ozier, Wayne Williams and fan favorites such as Bob Learn Jr., Norm Duke, Parker Bohm III, Del Ballard Jr., Bryan

an Goebel and Randy Peder sen.

Tournament week gets underway for the pros Monday, June 16, as men's and women's players will take part in the pro tour qualifier in an attempt to qualify for the tournament proper. A practice and autograph session will be held Tuesday, June 17, and qualifying and match play take play

Wednesday through Friday, June 18-20. The event concludes Saturday, June 21, with the televised championship round on ABC.

For ticket and pro-am information for the St. Clair Classic, call St. Clair Bowl at 632-2400.

•War

(Continued from Page 1B)

Six Granite grapplers won titles: Adam Dunnivant (112), Mike Glover (119), Matt Werner (131), Jim Jackson (148), Kevin Venable (189) and heavyweight Nick Campbell. Glover

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•Legend

(Continued from Page 1B)

THE STEVE GALLAUER FILE

High school career at GCHS from 1983-85, with times in parentheses:
 440 relay, 45.2 (45.6 seconds)
 440 dash, conference (50.8)
 440 dash, GCHS (50.6)
 440 dash, Edwardsville Quadrangular Meet
 440 dash, Maplewood (Mo.) Relays (50.7)
 440 dash, Missouri Ozark AAU (50.4)
 880 run, conference (20.6)
 880 run, GCHS (20.5)
 880 run, Edwardsville Quadrangular 1000 feet (20.6)
 220 dash, conference (22.7)
 220 dash, GCHS (22.7)

Team Records

440 relay (George Eubanks, Barkley, Maurice Murphy, Gallauer), conference (45.2 seconds)
 440 relay, GCHS (45.2)
 880 run, Eubanks, Murphy, Claude Beeler, Gallauer), district (1:33.0)
 880 relay, conference (1:33.3)
 880 run, Edwardsville (1:33.0)
 440 dash, Edwardsville (Mo.) Taylor, Marcel Tarris, Gallauer), conference (3:41)
 440 dash, GCHS (3:41)
 Sprint medley relay (Clyde Neilson, McCormick, Jon Keenan, Gallauer), conference (3:39.9)
 Sprint medley relay, GCHS (3:35.9)

as he normally did each meet, GCHS would almost certainly have been the state champions in both 1984 and 1985. As it was, the Warriors were narrowly defeated by Edwardsville both years.

Ironically, Gallauer was always a slow starter. But once he was

50 yards into the race, he was soaring into the track. When he took the lead, he never relinquished it. Literally. No one ever passed him when he was in the lead during his four years as a runner.

But Gallauer did pass others. During his junior campaign, a St. Louis Post-Dispatch headline screamed, "Granite City star overcomes 25-yard handicap to give his team victory in track meet."

Gallauer anchored the 880 relay team that day at the Quadrangular Meet. St. Louis Post-Dispatch Carnival at Edwardsville. He brought the spectators to their feet when he received the baton from Claude Beeler (the 1985 state long jump champion) a full 25 yards behind Flegenbaum of Edwardsville.

In a blistering 220 leg, estimated at between 20.7 and 21.3 seconds, Gallauer, with his high school record is 20 seconds flat), Gallauer passed Flegenbaum and reached the tape with five yards to spare.

George Eubanks, a GCHS sprinter and teammate of Gallauer's, said, "We never thought Steve would catch him, but he just put his head down and tore right through him." Gallauer clocked at 21.9 seconds at the districts that same season when he overcame a 10-year advantage and won by more than five yards.

The start of Gallauer's run to a state title in 1984 is not without its own share of drama.

At one point in the champion-

ship race, Gallauer was boxed in by the other runners. Coming into the last turn in the track, he let the pack run from underneath him, broke stride, moved to the outside, sprinted past the entire field, and turned back inside to win by five yards. It is remarkable that under such circumstances he still won the state championship in a time of 50.6 seconds.

As a junior and senior, Gallauer regularly ran the 100, 220 and the 440 and anchored the 880 relay. He was undefeated in every conference meet. As a senior, he set the 440 relay record at the prestigious Mapwood (Mo.) Relays and also the 400-meter record at the Missouri Ozark AAU meet.

At the following conference meet his senior year, Gallauer won the 100, set new records in the 220 and 440 and anchored the team that established a new 880 relay record.

Coming out of the districts in 1985, where he had run the fastest 440 in the state all year, 50.6 seconds, Gallauer was primed for another run at the state title. Ironically, for reasons unknown to this day, he was placed in the slow heat at the state meet. That placement cost him another state championship in the quarter mile.

Granite City coach, John Wagner, was deeply concerned that Gallauer was in the slow heat. He knew, as did anyone who had ever seen Gallauer run, that he never had, and he never would, run against the stopwatch. He ran simply hard enough to win and would not run any harder unless

he was pressed by competitors. Gallauer breezed to the decisive first place finish in the heat, actually coasting to the finish line in 50.7 seconds. As it turned out, the winner wasn't fast enough. Orville Wagner, of Edinburg, New York, Gallauer had beaten him at state a year earlier in head-to-head competition, won the fast heat in a time of 50 seconds flat, ending his dreams of successive state titles.

Frank Szedlar, a friend of Gallauer, said that if Wagner had been in the same heat, he would have run away from him. But Wagner was in a different heat. And if Steve Gallauer did have a walkover, it was one he shared with the rest of the team. He never ran as well against the watch as against opponents. In fact, according to John Gallauer, Steve's brother, time didn't matter to the speedster. "As long as he was on the race, he was happy," he said.

Bazorth once said of Gallauer, "Steve never ran as fast as he could, probably because he was afraid of leaving the ground." Though such a statement was made to elicit a smile, it reveals a sobering fact. Paul Burrus, as member of the Edwardsville track team, once remarked, "I never saw Steve run all out. He ran just hard enough to win." That, in the end, was his Achille's heel.

Gallauer could maintain his stride, letting two or three runners move to the front, until

about 150 yards or less from the finish. Then he would shift to a 220-yard pace and smoke the field, often winning by 20 to 25 yards.

There were occasions when Gallauer would actually run stop running and simply wait until the closest competitor caught up with him. Then he would sprint to the finish line, showing no signs of exhaustion but wearing his relaxed and familiar smile, leaving his opponents beaten and bewildered.

Bazorth boasted as early as 1986 that the senior would be a member of the 1986 U.S. Olympic team and might even win the 400 meters in Berlin. Bazorth felt, as did many others, that if Gallauer ever ran the 400, he would be able to cover the distance in 47 seconds flat, which was world record time for the era. And, with a professional coach to train him, Gallauer might shatter the existing world record.

But the Olympic dream ended on a football field.

Gallauer pestered Bazorth, who also coached basketball and football, to let him play football his senior year. Bazorth had refused to allow his star runner to play any other sport his first three years at Edwardsville. With Gallauer's senior season in tact, Bazorth reluctantly allowed Gallauer to play football.

In Gallauer's first and only football game, a player for the Mount Vernon team named him on a failed end-around. Steve heard his leg pop. The ligaments

were torn. His running career was over. As a result of the injury, Gallauer wore a knee brace most of his adult life.

Some of Gallauer's high school rivals participated in the 1996 Olympics, including Bob Packwood of Rockford, who took place in the 200 meters, and the great Ralph Metcalfe of Chicago (Tilden), who won a silver medal in the 100-meter dash and was a member of the gold-medal winning U.S. 400-meter relay team.

Whether Gallauer would have struck gold like Metcalfe, or like Packwood had been an also-ran, is impossible to discern. But those who saw him run can say that he would have been pressed in the 440 and, as a result, might have not only won but set new Olympic and world records.

Why did he never run as fast as he could? And what would he have accomplished what records might have been his, had he not been holding nothing back?

"Steve was a pure athlete," said his brother, John. "He didn't care about personal awards or recognition. He really didn't care."

Steve Gallauer ran for the love of running. And, having run, he was content. And, like all great athletes, will stand out from the crowd, his running made us love the running too.

What Steve Gallauer may have missed by never running in the Olympics makes by comparison to us, we would have missed had he never run at all.

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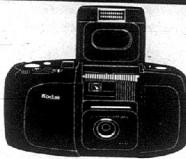
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Calendar of events

WEDNESDAY, FEB. 12

HOLY FAMILY LENTEN FISH FRY, 2606 Washington, 4-7 p.m. in the Community Center cafeteria. Plates and sandwiches served. Carry-outs available.

AMERICAN ASSOCIATION OF RETIRED PERSONS CHAPTER 1340, Valentine dance at Granite City Township Hall. Doors open at 5 p.m. Refreshments served. Live and J.V. Music for dancing provided by Jerry and the All seniors 50 and over are welcome. \$2 donation at the door. For information call 876-6328.

DISABLED AMERICAN VETERANS CHAPTER 300, 30th annual Veterans Officer from 1 to 3 p.m. at the Veterans Home, located at 1417 19th St., in Granite City. Call 876-7818 for more information.

PONTOON BEACH SENIOR CITIZENS BINGO, 11:30 a.m., 3910 Illinois 111, Pontoon Beach.

PULMONARY SUPPORT GROUP, for patients with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3018 for more information.

STROKE SUPPORT GROUP, for patients, their families and caregivers, 9 a.m. to 11 a.m. at St. Elizabeth Medical Center. Refreshments are served. Call 798-3018 for more information.

AL-ANON, 7:15 p.m. Gateway Foundation, 800 W. Lincoln Ave., Caseyville. Call 463-4249 for more information.

ALCOHOLICS ANONYMOUS, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., St. Elizabeth Medical Center, Noah's Ark Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

DIVORCED AND SEPARATED GROUP MINISTRY, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

FAREWELL ANONYMOUS GROUP, meets 9 to 10 a.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. For more information call Dan at 452-2330 or Diane at 798-1360.

NEW BEGINNINGS SHOWTIME CHORUS, a women's a cappella choir will perform at 7:30 p.m. at the VFW Hall on Rt. 158 in Fairview Heights. All singing experiences invited. No auditions required. For more information call toll-free 1-800-mail 560-3763 or mail P.O. Box 4422, Fairview Heights, IL 62208.

GRANITE CITY CHAPTER 650 ORDER OF THE EASTERN STAR meets at 7:30 p.m. at the Eastern Star Temple, 20th Street and Cleveland Boulevard in Granite City.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS, 7:30 p.m. St. Boniface School, 128 N. Buchanan, Edwardsville.

DOWNTOWN NEIGHBORHOOD RESTAURANT SOCIETY, Granite City, 876-7715, 8 p.m.

MADISON COUNTY GENEALOGICAL SOCIETY, meets 7 p.m. at Immanuel

United Church, 800 N. Main, Edwards.

MULTIPLE SCLEROSIS SELF-HELP GROUP, meets 7 p.m. at the Veterans Center, 2100 Madison Ave. in Granite City. Call 797-2780 or 451-0728 for more information.

NAVY MOTHERS CLUBS OF AMERICA, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ATTENTION MEDICARE BENEFICIARIES - Come and hear how Adventa Health Care Center can help you with your coverage. You are invited to hear a presentation at 10 a.m. at the Pontoon Beach Senior Center, 3910 Highway 111, Pontoon Beach.

BONITA CROPPIETTE, 3361 Fehling Road, Granite City, is offering FREE ELECTRONIC SPINE SCREENINGS from 9 a.m. to noon. Call 876-2273 for more information.

CHOUTEAU TOWNSHIP SENIOR CITIZENS, 9 a.m. to 2 p.m., Social Center, 908 Thorngate Drive, Mitchell.

EAGLE PARK ACRE SENIORS OF MADEIRA meet from 10 a.m. to noon at 101 Hix St. (rear), Eagle Park Acres, Madison.

ALCOHOLICS ANONYMOUS, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 11 a.m.; 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

TAKE OFF POUNDS SENSIBLY Chapter 2303, 6:45 p.m. at Anchorage Recreation Center, 2909 Edsel St. For information call 797-6381 or 877-2784.

AL-ANON, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

NARCOTICS ANONYMOUS, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

RESCUE MISSION, 1536 Fourth St., Madison, food pantry is open from 8 a.m. to noon. Samuel Turner is the minister. Jim and Linda Kiltan are the secretary and After Turners is the pastor.

ADOPT A PET DAY, at PetSmart, 1570 W. Hwy 50, O'Fallon (across from St. Clair Square), sponsored by Madison County Humane Society. 12 noon-4 p.m. Dogs and cats available. \$30. Purebred and devalued pets available. Call 656-4405 or 344-0109 for more information.

SUNDAY, FEB. 16

PONTOON BEACH JAZZERS regular meeting is held at 7:30 p.m. at Ramon and Charlie's Steak House. The meetings are open and the public is invited.

CRAFT SHOW AND FLEA MARKET, 10 a.m. to 5 p.m. at Pontoon Beach Senior Citizens building, 3910 Highway 111, Pontoon Beach. (See CALENDAR, Page 68).

Curt Williams, 877-5172, for information.

AL-ANON meets at 8 p.m. in the Milwaukee Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

FRIDAY AFTERNOON PINOCHE CLUB for seniors 55 and over meets 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMPS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at the Pauli St. Elizabeth Medical Center. Call 798-3604 for more information.

SATURDAY, FEB. 15

LENTEN POLISH PIEROGI SALE, Second floor, 2103 Iowa, Granite City Church, 930 Reynolds, Madison, 9 a.m. to 12 noon. Meatless Lenten Pierogi available; cabbage, cheese, kraut, potato, and pudding. Lenten meat varieties also available. Carry-outs only. \$8 per dozen. Cooked and frozen Pierogi, \$2.50. Chrusciki and rosesets. Order ahead by calling 876-5860, 877-3696, 931-3367.

OBSESSIVE/COMPULSIVE DISORDER SUPPORT GROUP, meets at Von Gontard Conference Center at St. John's Hospital, 1000 North Main, Suite 100, New Berlin Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call 1 (314) 645-3378.

ALCOHOLICS ANONYMOUS, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

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AL-ANON, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

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•Calendar

(Continued from Page 6B)

way 111. For more information, call 756-2513.

ALCOHOLICS ANONYMOUS, 1:30 p.m., and 8 p.m., 2116 Club, 2116 Edison, Granite City, 758-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 388-9409.

ALCOHOLICS ANONYMOUS, 8 p.m., 811 Christian Center, Pascal Hall, main floor, Granite City, 750-5600.

EAGLES AUXILIARY, 1128 BINGO, 1 p.m., at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

MONDAY, FEB. 17

DISABLED AMERICAN VETERANS CHAPTER, 5317 19th St., Granite City, 876-7815, 8 a.m.

ALCOHOLICS ANONYMOUS, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 758-6600.

AL-ANON, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

CHEMICAL DEPENDENCY RELAPSE

PREVENTION group meets from 6:30 to 8:30 p.m. at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group, on eliminating relapse-prone thinking, feeling and behavior patterns, and helping group members grow in sobriety. For more information, call 798-3888.

GROUP, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., Memorial Hospital auditorium, Belleville, 233-7750, extension 5860.

PONTOON BEACH SENIOR CITIZENS, meeting, 7 p.m., 3910 Illinois 111, Pontoon Beach.

TOASTMASTERS INTERNATIONAL meets from 9 a.m. to 12:45 p.m., 1111 Lincoln, (144 Commerce Drive), Belleville. Come join us for better communication and leadership skills. For more information, call 692-6226 or 344-2896.

Bernie Chiropractic, 3381 Fanning Road in Granite City, is offering FREE ELECTRONIC SPINAL SCREENINGS from 9 a.m. to noon. Call 876-2273 for more information.

TOPS 2048 (Take Off Pounds Sensibly), 7 p.m., Melvin Price Support Center in Granite City, 878-2124.

TOPS, 545, 7 p.m., Anchorage Recreation Center, 4th Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

KNIGHTS OF COLUMBUS, 4th DEGREE, 4225 Old Alton Road, 7:30 p.m., 877-4250.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 7 to 9 p.m. at St. Elizabeth Medical Center, James E. McGuire Building, Suite 100. The leaders of the DMDA, will conduct the meetings. For more information, call 778-7517 or (314) 776-4929.

AL-ANON, 8 p.m., Niedringhaus United Methodist Church cafeteria, 2016 and Delmar, Granite City, 463-2429.

ALATEEN AND PREALATEEN GROUP for 12 to 17 year group, and adults, 8 p.m., 2116 Club, 2116 Edison, Granite City, 758-6600. The public is invited to come for praise and worship, teaching from the Word and prayer.

THE BLOOD OF THE LAMB PRAYER AND WORSHIP STUDY. The public is invited to come for praise and worship, teaching from the Word and prayer.

ALCOHOLICS ANONYMOUS, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 388-9409.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., 2105 Roslyn Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melaine McManus at 429-0078.

St. Elizabeth Medical Center's Behavioral Health System will present a seminar, "ADOLESCENT SUBSTANCE ABUSE," 7 p.m., 2016 Delmar Hall at St. Elizabeth Medical Center. Talk is free. Call 798-3888 to register or for more information.

NEWS

TOPS 1999, (Take Off Pounds Sensibly) will meet at 10:45 a.m., Anchorage Recreation Center, 2009 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

ALCOHOLICS ANONYMOUS, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 758-6600.

ALCOHOLICS ANONYMOUS (women), 8 p.m., Niedringhaus United Methodist Church, 2016 and Delmar, Granite City, 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m., St. John United Church, 2001 Niedringhaus Road, Granite City, 758-9078.

AL-ANON, 8 p.m., St. John United Church, 2001 Nameoki Road, Granite City, 463-2429.

ALCOHOLICS ANONYMOUS, 8 p.m., Niedringhaus United Methodist Church cafeteria, 2016 and Delmar, Granite City, 463-2429.

ALCOHOLICS ANONYMOUS, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 388-9409.

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for your needs from 10:30 a.m. to 12:30 p.m. at Full Circle Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 866-1865.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV/AIDS. Meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 388-9409.

SCHOOL OF METAPHYSICS, 7:30 to 10:30 p.m., 2105 Roslyn Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melaine McManus at 429-0078.

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Sunday February 23, 10am - 5pm**

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ENTERTAINMENT

Horoscope

Wednesday, Feb. 12
The moon in aggressive Aries gives you plenty of energy. Push forward as if you are the only one in the world going for your goals. Being oblivious to the competition is better than keeping track right now. Energy is abundant if you promise to concentrate on only one thing at a time. However, lunar squares will cause stress.

ARIES (March 21-April 19). You can't be shot down when you commit fully to your passions. This goes double for work now. Refuse to be pulled in different directions, and don't allow anything to burden you.

Taurus (April 20-May 20). Love brings healing as well as emotional and physical renewal. Possible delays in communication are unavoidable, so don't pass blame. It is not the best time for signing documents or trying to make agreements.

GEMINI (May 21-June 21). Get the attention you need in more creative ways than just asking for it point blank. Lovers want to be kept guessing. The afternoon hours are the most harmonious. You're better off relying on yourself rather than on others.

CANCER (June 22-July 22). Hold onto hope when someone else is being negative. You are the belle of the ball if you suit up and get out tonight.



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Saying what's on your mind may be difficult but necessary. Call now and should no longer be ignored.

LEO (July 23-Aug. 22). Willingness to share brings friends. Let unworkable situations die.

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FISH FRY

St. Elizabeth Church
FRIDAY, FEB. 14th
4:00 P.M. to 7:00 P.M.
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101 DALMATIANS
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SAT/SUN MAT 2:00, 4:30
SUN-THURS 7:30

MICHAEL
FRI/SAT 7:30, 9:45
SAT/SUN MAT 2:00, 4:45
SUN-THURS 7:30

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Saturday, February 22nd
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Silent Auction 6:30-8 PM
DINNER SERVED AT 8 PM
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out, and move on. Libra tends to be a nuisance but a delight. Focusing on your strengths gives you an ego boost. Someone dear comes out of hiding.

VIRGO (Aug. 23-Sept. 22). Re vive your dreams. Emotional support comes from a Tropic or Pisces. The boss makes a major decision that greatly affects you. People like you best when you are not trying to please them too much.

SACRIFICIUS (Nov. 22-Dec. 21). No one minds if you need to change the plans as long as you are up front.

LIBRA (Sept. 23-Oct. 22). A realistic self-assessment tells you that you no longer want to put up with. Learn from your heroes.

SCORPIO (Oct. 24-Nov. 21). You can avoid having another restless night by being forgiving.

SAGITTARIUS (Nov. 22-Dec. 21). No one minds if you need to change the plans as long as you are up front.

CAPRICORN (Dec. 22-Jan. 19). Trade places with someone you admire and see yourself through this person's eyes.

AQUARIUS (Jan. 20-Feb. 18). Maintaining energy can be put to creative use. Money is made from your efforts.

PISCES (Feb. 19-March 20). Maintain focus in the midst of change and you are awarded a new job or coveted responsibility.

FRI. & SAT.: LIVE MUSIC WITH LOUIS MICHAEL
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CAPRICORN (Dec. 22-Jan. 19). Trade places with someone you admire and see yourself through this person's eyes.

AQUARIUS (Jan. 20-Feb. 18). Maintaining energy can be put to creative use. Money is made from your efforts.

PISCES (Feb. 19-March 20). Maintain focus in the midst of change and you are awarded a new job or coveted responsibility.

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Fish Fry Every Friday During Lent

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Ash Wednesday, February 12

4:00 - 7:00 P.M.

Friday, February 14

4:00 - 7:00 P.M.

Good Friday, March 28

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Lobster with Shrimp, Fresh Vegetable, Medley Au
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ENROLLMENT FOR 1997-98
OPENS FEBRUARY 19, 1997

200 AARP members attend dinner-dance

Approximately 200 American Association of Retired Persons members and guests attended the annual A.A.R.P. Chapter 1340 Christmas dinner-dance held at the Nelson Hagnauer Town Hall.

The hall was decorated with gala Christmas decorations and a large Christmas tree. Pauline Hanson, president, welcomed everyone. Delphine Stone led the group in a prayer and pledge of allegiance.

Before the dinner began, Hanson awarded monetary gifts to Protestant Welfare, Catholic Charities and the Salvation Army. Members brought items that were to be used by Protestant Welfare and Catholic Charities for Christmas baskets.

The buffet was prepared by Jerry and Debbie Gandy. Candy boxes were part of each table place setting, donated by Thomas Mortuary, which also donated three special attendance prizes worth \$100 each to Linda Tanase, and Rita Gimpel. Fifty silver dollars were given as prizes, courtesy of Irwin Chapel.



Mrs. Tomea Kirchoff, left, president of the Macedonian Bulgarian Ladies' Aid Society, presents a check for \$5,000 to Sister Mary Thomas, chairman of the board of St. Elizabeth Medical Center, to subsidize health care for low-income patients through the WINGS Campaign and the Koch Family Health Center.

Group donates \$5,000 to WINGS

The Macedonian Bulgarian Ladies' Aid Society, a non-profit charitable organization and one of Granite City's oldest women's clubs, has contributed \$5,000 to St. Elizabeth Medical Center's WINGS Campaign.

It has also donated to other community organizations as it deactivates the business aspect of its club. The club, continuing to exist on a social basis, perpetuates long-lasting friendships and keeping alive the essence of the organization.

Mrs. Tomea Kirchoff, president of the organization for the past 25 years, said, "The organization will distribute the funds with sensitivity and good will to various institutions and charities."

Founded in 1925 by immigrant women, the organization provided fellowship and

encouragement to young women adjusting to life in a new country.

It instilled the principle of "education, Christian love, mutual respect and charity."

Throughout the years, its membership, decreasing for generations, has emphasized the charitable nature of the organization. For 71 years, it has played a significant role in the life of the community and has become an important influence in the ethnic community and the community at large.

The Society's gift to WINGS will help provide physician services, medical treatment and illness prevention education for low-income patients through the Koch Family Health Center.



Drs. Kent & Kathy Splingard take great joy in welcoming Patty Magouirk to our dental team. Patty joins Cindy, Debbie, Amy and Tracy as our

APPOINTMENT COORDINATOR

Patty has 12 yrs. experience in dental offices, 11 years in Dr. Splingard's former practice in Cahokia, IL.

Please Allow Patty to assist you with your dental needs.

WELCOME TO THE TEAM!
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Receive a delectable Giant Hershey's Kiss free with \$100 in St. Clair Square specialty store purchases. Simply present your same-day receipts at the Customer Service Center on the lower level. Nothing could be sweeter!

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Today's Food

Wednesday, February 12, 1997

Food & Nutrition

Wise Ways

Brownies, particularly those made with lots of love and lightness, say 'I love you.'

INSIDE

Heart-y Bites

American sweet tooth continues to grow with replacement products.

INSIDE

Blue Ribbon Cook

Mixture of beans and rice, an international favorite, comes to Webster Groves with adopted child.

INSIDE

Test Run

Snack of pretzels from the freezer gets a touch of sweet aroma and flavor.

INSIDE

Micro Raves

A loving gift from the kitchen arrives faster when it is made in a microwave oven.

INSIDE

Lively Taste

A little bit of lively flavor carries a big punch. For instance, a touch of sesame oil goes a long way in a main-dish fried rice. Steam a basic variety of fresh vegetables — like bell pepper, pea pods (frozen, if desired), onion, broccoli and mushrooms — with garlic and ginger and 2 to 3 tablespoons water until tender-crisp. Add a combination of 2 cups of cold-cooked rice, 3 tablespoons soy sauce and 2 teaspoons dark sesame oil, plus any stir-fried meat or poultry desired. Mix well. Cook and toss about 5 minutes until heated through. Add 1/4 cup thinly sliced green onion before serving.

Health & Fitness

Medicine Chest

Orange juice helps the body absorb iron from food. A person who eats less meat may be getting less iron from food. Vegetarians, women in child-bearing age and adolescents are at higher risk. To minimize the risk of iron deficiency, drink orange juice at meals.

Fresh Picks

Buying torn salad greens prewashed in a bag is a quick way to toss salad. Some combinations include carrots and cabbage, others include romaine or radicchio. To gauge how much is in a package, use this guide: One 10-ounce package contains 8 or 9 cups of loosely packed greens, while a 16-ounce package has about 12 cups of leafy green stuff.

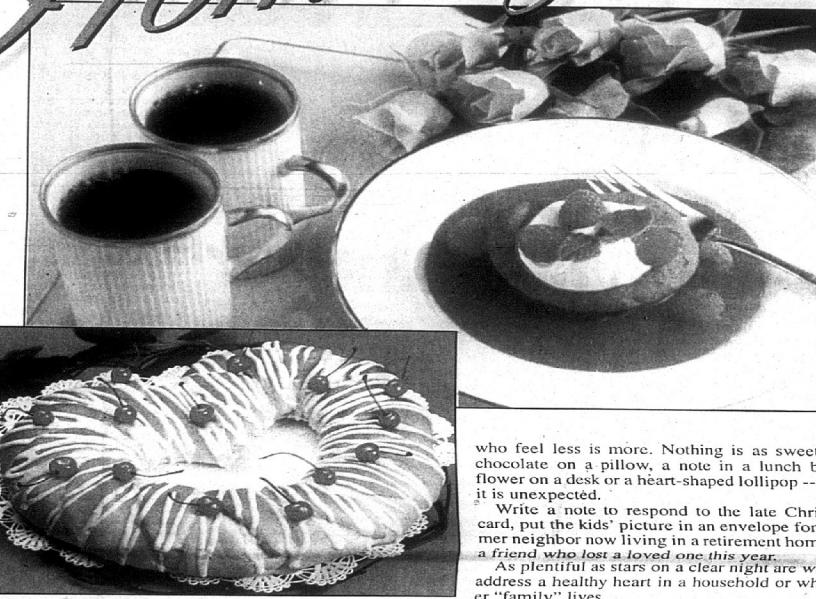
Big Fat Tip

Eating a big meal at a restaurant this weekend? A good strategy for healthy eating is to eat low-fat foods early in the day, rather than avoiding food and being ravenously hungry at the dinner bell. A balanced selection of grains, fruits, vegetables and low-fat protein ensures better balance for the entire day.

Future Shop

What's old comes around to be new. Belief in aphrodisiacs has linked edibles to promises of seduction for centuries. Onions may have healthful powers aside from the romantic in today's world, but classic Hindu texts on the art of love include onions as the most used aphrodisiac in ancient Greece. Casanova was said to have eaten oysters every day for amorous effect. Seventeenth-century Europeans prescribed chocolate, and the Aztec Montezuma consumed large amounts of a chocolate drink daily to improve virility.

From the Heart



By Janice Denham
Staff writer

Never let it be said food is not the glue that holds people together. Few can resist the beckoning aroma of a loaf of bread, a savory stew, chocolate brownies or apple crisp extended from the kitchen.

It starts early. The mother of a first-grader invited to have dinner with a friend is wary of the possible consequences of her untethered child, but the host's parent knows it is a unique time to see friendship in early bloom.

The thread follows children through life until the day when the house shines with the sheen of pride that comes from an invitation to a future son- or daughter-in-law.

An invitation to eat together is more than a meeting of appetites. It blends minds, hearts and souls.

For a battery of valentine treats, take a tip from those

who feel less is more. Nothing is as sweet as a chocolate on a pillow, a note in a lunch box, a flower on a desk or a heart-shaped lollipop — when it is unexpected.

Write a note to respond to the late Christmas card, put the kids' picture in an envelope for a former neighbor now living in a retirement home, call a friend who lost a loved one this year.

As plentiful as stars on a clear night are ways to address a healthy heart in a household or wherever "family" lives.

A heart-shaped, filled bread made from frozen dough is one way. For more recipes and frozen dough ideas, call a toll-free bake-line at 1-800-876-7333, or write to: Rhodes Bake-N-Serv, Box 25487, Salt Lake City, Utah 84125.

Cutting the fat in a sinfully-rich chocolate dessert is another. Baked Chocolate Pudding uses a new technique to accomplish this, by replacing up to one-half the amount of oil or margarine with half the amount of fruit puree. For instance, in a recipe that calls for 1 cup butter, 1/2 cup butter may be used and the other half cup replaced by 1/4 cup fruit puree. This recipe calls for prune puree; unsweetened applesauce, usually interchangeable in such recipes, works here as well.

Fruit purees are found with the oils in the supermarket. For more ideas from Sunsweet about lower-fat sweets, call toll-free 1-800-417-BAKE, or send a self-

SEE HEART, INSIDE TODAY'S FOOD PAGE 2

BEAR-FACED FRIEND

Kids' Cuisine

Divide 1 loaf (1 pound) frozen bread dough, thawed, in 3 equal sections for large bear.

1. With one section, form oval for body; place on cookie sheet coated with nonstick cooking spray.

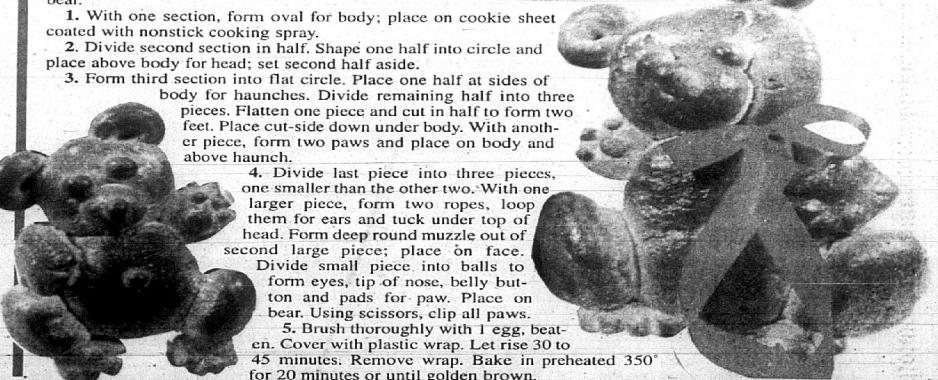
2. Divide second section in half. Shape one half into circle and place above body for head; set second half aside.

3. Form third section into flat circle. Place one half at sides of body for haunches. Divide remaining half into three pieces. Flatten one piece and cut in half to form two feet. Place cut-side down under body. With another piece, form two paws and place on body and above haunch.

4. Divide last piece into three pieces, one smaller than the other two. With one larger piece, form two ropes, loop them for ears and tuck under top of head. Form deep round muzzle out of second large piece; place on face.

Divide small piece into balls to form eyes, tip of nose, belly button and pads for paw. Place on bear. Using scissors, clip all paws.

5. Brush thoroughly with 1 egg, beaten. Cover with plastic wrap. Let rise 30 to 45 minutes. Remove wrap. Bake in preheated 350° for 20 minutes or until golden brown.



Today's Food

Test Run



SuperPretzel's cinnamon raisin mini's give pretzels a sweet turn.

Mini pretzels twist new flavor trail

Soft pretzels from the freezer have a new entry: SuperPretzel's cinnamon raisin mini.

Yes, each is a mini pretzel. Two are considered a serving.

"They are a cute snack. They remind me a bit of French toast sticks," you get at fast food places," a taster said. Another added, "I like the small size and the icing."

One liked the serving size.

"They are a good size for a low-fat, low-calorie snack," she said. "I'd probably eat the two."

Yes, they have cinnamon flavor.

"They had a light cinnamon flavor, plus they were chewy like a pretzel," was one taster's verdict.

A fan of cinnamon echoed the sentiment.

"I like cinnamon-anything and this had a nice amount

of it, so it wasn't overpowering. The aroma around the microwave was inviting," she said.

Most tasters found them hard to eat.

"These are like nothing I've tasted. With the icing it's a good snack when just a bite is needed to satisfy a sweet craving. If pretzel taste is desired, you could heat them in the oven or a toaster oven for variety," was another comment.

A spongy texture, often found in frozen pretzels, was noted, although one thought they had better consistency than most pretzels, possibly because they were smaller in size.

There was a comparison to cinnamon pretzels at the end.

"I liked it, but I'd probably go for cinnamon rolls instead of pretzels. It tastes

more like a pretzel than a small pretzel, which is sweet," he said.

Most tasters found them hard to eat.

"These are like nothing I've tasted. With the icing it's a good snack when just a bite is needed to satisfy a sweet craving. If pretzel taste is desired, you could heat them in the oven or a toaster oven for variety," was another comment.

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A serving of two pretzels and one packet icing—from a package with 12 pretzels and six icing packets—has 190 calories, 1.5 g fat, 240 mg sodium, 5 g protein, 40 g carbohydrate with 10 g sugars.

Fruits, honey and sugar answered the call of a person's sweet tooth through the ages. Today's technology widens sources with non-nutritive sweeteners, like aspartame (Equal), saccharin (Sweet 'n Low) and acesulfame K (Sweet One).

These sweeteners commonly are used by people on weight loss programs and those with diabetes, as well as the general public.

In other words, people with diabetes are advised to avoid sugar strictly in their food choices. Recent studies indicate sugars and starches have similar effects on elevating blood sugar levels.

Thus, people with diabetes can eat limited amounts of sugar if their total intake of carbohydrate, fat and calories is moderate. Non-nutritive sweeteners still are useful to avoid the empty calories of sugar, because they deliver sweet taste with minimal calories.

The U.S. Food and Drug Administration has approved the use of aspartame, saccharin and acesulfame K for uncooked, cooked and baked products.

Non-nutritive sweeteners taste like sugar, but baking properties differ.

In cakes, cookies and pastries, sugar contributes more than sweetness. It offers bulk, tenderness, browning properties, leavening and helps hold the baked food's form. Because sweetener properties are different, favorite recipes must be redesigned when using non-nutritive sweeteners.

Frequently manufacturers offer modified recipes using their products.

Aspartame is a popular sweetener in "sugar-free"

and "light" desserts, yogurt, pudding, beverages and pie. "Sugar-free" does not mean calorie-free. Always check the nutrition label of a product for calorie, as well as fat, content.

Aspartame can be used at home. Equal packets, Equal Measure and Equal Spoonful.

When substituting, 2 teaspoons sugar requires 1 packet Equal or $\frac{1}{4}$ Equal Measure, while $\frac{1}{2}$ cup sugar requires 12 packets or $\frac{3}{4}$ teaspoons Equal Measure.

Spoonful is not concentrated, so it measures spoon-for-spoon like regular sugar.

In stove-top cooking, aspartame should be added after removing it from the heat. Because it may lose sweetness when heated for long periods, shorter times and lower temperatures are required in cooking and baking.

Aspartame works especially well in rice pudding, cheese noodle kugel and custard pudding. While most people tolerate it well, some people are sensitive to its properties, the most common response being mild headaches. It is courteous to tip off people when using it in recipes, such as those in rice pudding, for example.

Cinnamon Bread Pudding is a sweet example, adapted from "Home Sweet Home with Equal Cookbook." It has 27 percent fewer calories than the traditional recipe.

Registered dietitian Kathleen Ober is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

By KATHLEEN OBER

Heart-y Bites

Low-calorie substitutes sneak up on sweet tooth

CINNAMON BREAD PUDDING

2 cups skim milk
4 tbsp. (1/2 stick) margarine
1 egg
2 egg whites
3 1/2 tsp. Equal measure or 12 packets Equal sweetener
1/2 tsp. cinnamon
1/8 tsp. cloves
1/8 tsp. salt
6 cups cubed (3/4 inch), day-old French or Italian bread

Preheat oven to 375°. In medium saucepan, heat milk and margarine to simmering point (just before boiling). Remove from heat. Stir until margarine is melted. Cool 10 minutes.

In large bowl, beat egg and egg whites until foamy. Stir in sweetener, cinnamon, cloves and salt. Stir milk mixture into egg mixture. Mix in bread cubes.

Spoon mixture into ungreased 1 1/2-quart casserole dish. Place in 13-by-9-inch roasting pan. Place on oven rack and add 1 inch hot water to larger pan.

Bake in preheated oven 40 to 45 minutes until pudding is set and sharp knife inserted halfway between center and edges comes out clean.

Serve warm.

Makes 8 servings; 170 calories, 8 g protein, 18 g carbohydrate, 7.5 g fat, 28 mg cholesterol and 331 mg sodium each. Food exchanges: 1/2 milk, 1 bread, 1 1/2 fat.

By CAROL SCHLITT

Wise Ways

Brownie has light 'n' loving touch

CHEESECAKE BROWNIES

1 pkg. (8 oz.) reduced-fat cream cheese

2 1/2 cups sugar

1 1/2 tsp. vanilla

1 egg whites

1 tbsp. plus 1 1/2 cups flour

1 cup unsweetened applesauce

1/2 cup cocoa

1/2 tsp. baking powder

4 1/2 tsp. salt

Preheat oven to 350°.

Lightly coat 11-by-8-inch baking pan with nonstick cooking spray. Dust with flour, cocoa, baking powder and salt. Set aside 1/2 cup.

Pour remaining brownie batter into prepared pan. Carefully pour cheese mixture onto batter, spreading evenly to edges. Dot cheese layer with reserved brownie batter. Using a knife, swirl cheesecake layer.

Bake in preheated oven 40 minutes.

Cheese until smooth. Beat in 2 1/2 cup sugar, 1/2 teaspoon vanilla, 1 egg and 1 egg white. Beat 2 to 3 minutes to blend thoroughly. Add flour. Beat until just blended.

In second bowl, combine applesauce, 2 cups sugar, 4 egg whites and 1 teaspoon vanilla. Stir in 1 1/2 cups flour, cocoa, baking powder and salt. Set aside 1/2 cup.

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Cheese until smooth. Beat in 2 1/2 cup sugar

Today's Food

Good Health

Pancakes provide cause for flapjack celebration

Although February is the shortest month, it is packed with a long list of things to celebrate — from presidents to pancakes. Yes, February brings forth National Pancake Week, when tribute is paid to the flapjack, griddle cake, blini, crepe and every other form of this favorite food. They traditionally were served before spartan Lent, which begins today, as a way to "use up" rich pancake ingredients.

Pancakes are best known to Americans as a great way to start the day. Rich in carbohydrates, they deliver enough energy to get a body through the morning with ease.

Top with scoops of butter or puddles of syrup, pancakes can be high in calories and fat. To add flavor and nutrition without extra fat to a pancake breakfast, think creatively.

Stir pumpkin puree, mashed ripe banana or a favorite fruit into the pancake batter for moist, fruitful flavor. Use low-fat buttermilk or skim milk in the batter to make lighter pancakes without affecting their flavor.

Incorporate nutritious, calorie-free versions of pancakes into a meal. Crepes are an elegant main dish for brunch or lunch. The batter of these savory, delicate wraps often include vegetables, like chopped spinach in a Middle Eastern crepe filled with leeks, eggplant and zucchini.

Registered dietitian Melanie Polk is director of nutrition education for the

Pureed red beans go into a Tex-Mex version accompanied by chopped fresh tomato, onion and cilantro.

Dessert crepes end a meal on a light note when they are filled or topped with low-fat ingredients. Fruit fillings like spiced apples, poached pear, sour cherries, sweet berries, or more exotic choices like papaya or rhubarb — bring color and taste without added fat.

For a delicious meal worthy of a meal chef, warm orange marmalade or apricot preserves and pour over pancakes then sprinkle with confectioner's sugar.

Whole-grain flour used in place of all-purpose flour adds fiber and nutrition to pancake recipes. Whole wheat flour, soy flour, buckwheat flour, wheat germ, cornmeal or brown rice flour can be substituted for one-third to one-half the all-purpose designated in most pancake recipes.

For a free brochure showing how dietary fiber can lower risk for cancer, send a self-addressed, stamped, business-size envelope to American Institute for Cancer Research, Department DC, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the

By MELANIE POLK

AICR in Washington.

Micro Raves

By JUDY EDDY

Stir up quick appreciation for Valentine's Day cook

February 14, Valentine's Day, is the day set aside for letting others know they are special. Cards, candy and romantic gifts are traditional offerings, but to make the day special, give something hand-crafted to loved ones. For the giver, making it in a microwave oven means a quicker results in the kitchen.

Most desserts adapt well to microwave cooking. Puddings and fruit fillings are cooked with less risk of lumping and scorching.

Cake mixes are created especially for microwave cooking. Chocolates can be melted easily, rather than going to the trouble and bother of using a double boiler on a conventional stove. Bowls and other cooking dishes clean up easily because burnt-on food does not necessitate scraping and soaking.

Melting chocolate in a microwave oven requires simple steps:

• Chocolate should be broken in small pieces and arranged in a circle in a microwave-safe bowl for even melting.

• Chocolate should be melted on medium power because it is easier to control and avoid scorching.

• Stir chocolate at intervals during the melting time to distribute heat evenly. Chocolate becomes hot enough to melt without losing its shape, so checking must be done often.

Hand-dipped Chocolate

Covered Strawberries, delightful to see and taste, can be created in minutes. They can garnish a dessert plate or be given as an elegant candy treat that leaves the budget intact.

To chocolate bark for dipping, is sold in the baking section of the store. Break aged as blocks small or large amounts of the chocolate can be used without incurring waste.

Chocolate Trifle is a classic dessert that makes great Valentine's Day.

Home economist Judy Eddy specializes in microwave cooking.

each strawberry in melted chocolate to cover partially. Place dipped berries on lined cookie sheet. Chill 30 minutes or until chocolate is hardened.

Variations: Pretzels, peanut butter sandwich cookies or sliced banana can be dipped in chocolate. Freeze 1-inch slices of banana until solid, then dip in melted chocolate and roll in chopped pecans or walnuts for a sweet surprise.

CHOCOLATE TRIFLE

6 slices angel food cake, cut in 1 inch cubes
1 can (8 oz.) frozen whipped topping, thawed
1 pkg. (6 servings, 5 oz.) chocolate pudding mix for cooking
3 cups milk
1 can (21 oz.) cherry pie filling
1/4 cup chopped pecans

In large microwave-safe bowl, stir pudding mix into milk. Microwave on high power 8 to 9 minutes until thick. Pour into a full bowl, stirring every 2 minutes. Chill about 2 hours.

In large glass bowl, place half the cake. Cover with half the pudding, then half whipped topping. Repeat. Cover with remaining whipped topping. Sprinkle with pecans. Chill.

Recipe

CUBED STEAK WITH STROGANOFF SAUCE

1/4 lb. cubed beef steak, trimmed of visible fat, cut crosswise in 3/4-inch strips
1/4 tsp. salt

1/4 tsp. pepper
2 tbsp. olive or vegetable oil
2 cups (5 oz.) sliced fresh mushrooms
3/4 cup sliced onion
3/4 cup reduced-fat sour cream
1 tbsp. cornstarch
1/2 cup evaporated skim milk
3/4 cup beef broth
1 pkg. mushroom soup mix

Sprinkle beef with salt and pepper. In nonstick skillet, heat 2 tablespoons oil over high heat. Cook meat, half at a time, 2 to 4 minutes, turning once, until browned. Do not overcook.

Remove to serving plate. Cover loosely with aluminum foil to keep warm.

Place mushrooms and onion in skillet. Reduce heat to moderate. Cook, stirring frequently, 3 to 4 minutes (pan will be very dry at first) until browned.

In small bowl, whisk sour cream and cornstarch with evaporated milk.

Add broth, sauce mix, vinegar and any meat juices collected on serving plate to same skillet. Stir to blend.

Increase heat to high. Stir just until boiling. Reduce heat to low. Simmer about 2 minutes, stirring frequently, until thickened and bubbly. Stir in sour cream mixture. Bring just to simmer.

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MINIATURE Kraft Marshmallows	1.29	1.79	.50
CREAM OF MUSHROOM Campbell's Soup	.79	.99	.20
CAMPBELL'S Onion Soup Mix	.79	1.19	.40
HUNTS Manwich Sauce	.99	1.59	.60
FRANCO-AMERICAN Spaghetti's	.59	.89	.30
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WITH MUSHROOMS Ragu Spaghetti Sauce	1.49	2.29	.80
BEEF Rice A Roni	.99	1.29	.30
Bush Chili Hot Beans	.34	.55	.21
Hunt's Tomato Sauce	.29	.35	.06
CARAMEL Quaker Mini Rice Cakes	1.50	1.89	.39
BI PACK La Choy Chow Mein	2.49	3.09	.60
NUTRASWEET Equal Sweetener	5.99	6.99	1.00
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MILK CHOCOLATE Carnation Cocoa Mix	1.47	2.19	.72
PRE-PRICED \$8.99, SMALL BITES Pedigree Mealtime	6.99	8.99	2.00
ITALIAN Wishbone Dressing	1.99	2.69	.70
FLAVOR Milk Bone Snacks	2.99	4.19	1.20
PETER PAN Peanut Butter	3.99	4.99	1.00
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Lever 2000 Bath Soap	3.99	5.29	1.30
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42 USE LAUNDRY Ultra All Detergent	3.99	5.99	2.00
S.O.S. Steel Wool Pads	.49	.64	.15
GIANT Reynolds Foil	4.99	5.99	1.00
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Kleenex Facial Tissue	.99	1.39	.40
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Include Sales Tax

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PEACH Prairie Farms Yogurt	.34	.75	.41
Medium Eggs	.69	1.05	.36
CHEESE SPREAD Cheez Whiz	2.99	3.59	.60
PHILADELPHIA Kraft Cream Cheese	1.19	1.39	.20
Pillsbury Pizza Crusts	1.59	1.99	.40
QUARTERS Imperial Margarine	.49	.69	.20
Land O Lakes Butter	1.99	2.29	.30
BLUEBERRY Eggo Waffles	1.50	1.99	.49
RICH'S Coffee Rich-Creamer	.69	.99	.30
MICROWAVE Simplot French Fries	1.50	1.99	.49
CHICKEN Banquet Pot Pies	.50	.79	.29
Michelina Mac. & Cheese	.99	1.69	.70

PRODUCE, MEAT & DELI DEPTS.

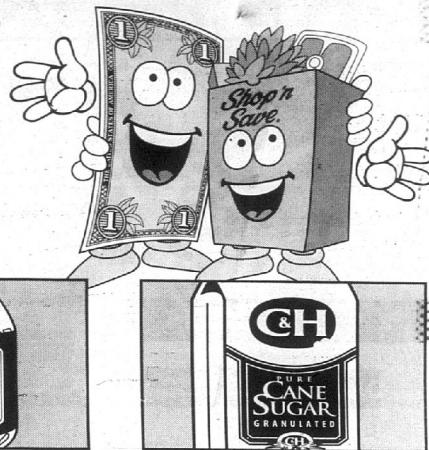
	Shop 'n Save	Schnucks	Savings
Artichokes	1.48	1.99	.51
Asparagus	1.98	2.99	1.01
REGULAR Carrots	.58	.69	.11
Yellow Onions	.98	1.99	1.01
SALTED Peanuts	1.98	2.49	.51
Snow Peas	2.98	3.99	1.01
Russet Potatoes	1.68	1.99	.31
WEST VIRGINIA Bacon	4.99	5.99	1.00
LINKS Hunter Smoked Sausage	1.49	1.89	.40
Eckrich Jumbo Franks	1.99	3.19	1.20
SLICED Hunter Bologna	1.39	1.89	.50
ALL MEAT Seitz Bologna	1.59	1.99	.40
Tyson Chicken Chunks	2.99	3.39	.40
LOUIS RICH Ground Turkey	1.39	1.99	.60
Boneless Sirloin Steak	3.79	4.19	.40
DELI: SLICED Hard Salami	4.99	5.49	.50
DELI: SLICED Top Round Roast Beef	5.29	6.99	1.70
DELI: WAFER SLICED Turkey Breast	3.99	6.29	2.30

These items were purchased on Feb. 10, 1997 at Schnucks 15425 Manchester Rd. (Ballwin) at 9:24 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. Some of the above prices reflect manufacturers deals for Schnucks.

02121A

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BARQ'S ROOT BEER, MINUTE
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GINGERALE, SUNKIST
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R.C. Cola,
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Mug Rootbeer

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2-LTR. BTL. LIMIT 4
OVER LIMIT 69¢ EACH



24/12-OZ. CANS
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or Mountain Dew

488

24/12-OZ. CANS

PEPSI, DIET PEPSI OR MOUNTAIN DEW 2-LTRS. 79¢
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OR DOUBLE TOP
Tombstone **2/695**
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FROZEN
Flav-R-Pac
Vegetables.....
ASSORTED VARIETIES
LEAN & TASTY
Michelina's
Entrees.....
ASSORTED VARIETIES
4-COMPARTMENT
Swanson
Dinners.....
8.75-11.5
OZ. PKG.

12/12-OZ. CANS, SPRITE
Coca Cola Classic,
or Diet Coke

3/699

12/12-OZ. CANS

COCA COLA CLASSIC, SPRITE OR DIET COKE 2-LTRS. 79¢
ASSORTED VARIETIES
FROZEN
Birdseye
Vegetables.....
ASSORTED VARIETIES
BURSTIDOS OR
Jack's Pizza
Bursts.....
ASSORTED VARIETIES
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Topping.....
Tampico.....

99¢
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7 OZ.
PKG.

99¢
8.02
PKG.

98¢
GALLON

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SHOP 'N SAVE
Split Top
Wheat Bread.....
99¢
20-OZ.
LOAF

Lipton
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197
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Lipton Decaf
Tea Bags.....
197
48-CT. PKG.

REG. CANOLA,
CANOLA CORN OR
NATURAL BLEND
Crisco Oil.....
198
48-OZ. BTL.

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* Educational Workshops and the Community Awareness Center sponsored by Missouri Lottery
* Festival of Foods sponsored by *Shop 'n Save*. * Y98 Fashion Stage * Cooking Class Stage
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**C&H Granulated
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2/\$3

4-LB. BAG

16-OZ. FROSTED MINI WHEATS, 15-OZ. FROOT
LOOPS, 20-OZ. RAISIN BRAN,
15-OZ. RICE KRISPIES OR 17.6-OZ. SMACKS

Kellogg's Cereal

2/\$4

LIQUID
**Sunlight
Dish Detergent**
2/\$3
42-OZ.
BTL

LIQUID OR POWDER
**Sunlight Auto
Dish Detergent**
2/\$5
65-OZ.
PKG.

FREEZER OR STORAGE
GALLON OR QUART
Ziploc Bags.....
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15-25
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Cheese Soup.....**
99¢
11-OZ.
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KOSHER DILL OR
BREAD & BUTTER
**Vlasic Stackers
Pickles.....**
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JAR

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Some items not
available at all stores.



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**Miller
Lite**

599

12/12-OZ. CANS
LIMIT 4



OUR LOW SALE PRICE \$12.89

**Seagram's
7-Crown**

989

1.75-LTR. BTL.
AFTER \$3.00 OFF MAIL-IN REBATE

ALL VARIETIES
Michelob.....

2/\$7

6-12-OZ.
BTLs.

Miller High
Life.....

99¢

32-0Z.
CAN

Icehouse or
Red Dog.....

479

12/12-OZ. CANS

REG., LIGHT
OR DRAFT
Hamm's.....

639

24/12-OZ. CANS

REGULAR, LIGHT
OR DRAFT
Old Milwaukee....

749

24/12-OZ. CANS

Ballatore.....

499

750-ML. BTL.

Tosti
Asti.....

599

750-ML. BTL.

Beringer White
Zinfandel.....

389

750-ML. BTL.

Bag Ice.....

69¢

8-LB.
BAG

EXCEPT 100 PROOF
HOT DAMN

DeKuyper

Schnapps.....

599

750-ML. BTL.

Kahlua.....

1299

750-ML. BTL.

Bailey's
Irish Cream...

1499

750-ML. BTL.

E&J
Brandy.....

1279

1.75-LTR. BTL.

ALL VARIETIES

E&J

Wine.....

3/999

750-ML. BTL.

OUR LOW SALE PRICE \$10.89

Seagram's

Gin.....

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1.75-LTR. BTL.

AFTER \$3.00 OFF MAIL-IN REBATE AVAILABLE IN-STORE

Kamchatka

Vodka.....

749

1.75-LTR. BTL.

B&J
Coolers.....

2/\$5

4-PACK

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Don't Drink & Drive



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Come see 1997's displays
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Friday
February 14th
5 p.m. to 9 p.m.

Saturday
February 15th
11 a.m. to 9 p.m.

Sunday
February 16th
11 a.m. to 9 p.m.

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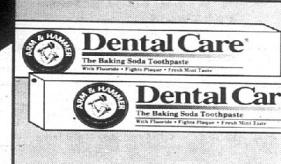
Shop 'n Save Health & Beauty VALUES!



SOLID OR WIDE ANTIPERSPIRANT
Arm & Hammer
Deodorant

2/\$3

1.7-2.2
OZ. PKG.



PEROXICARE OR
Arm & Hammer
Dental Care

159

4.5-5 OZ.
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Suave Shampoo
or Conditioner...

89¢

1.1-1.5
OZ. PKG.

OUR LOW SALE PRICE 2/\$8.00

Afrin
Nasal Spray.....

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15-ML

AFTER \$5.00 OFF ON 2 MAIL-IN REBATE AVAILABLE IN-STORE

ANTI-BACTERIAL

Keri
Lotion.....

299

6.5 OZ. PKG.

OUR LOW SALE PRICE \$8.39

Centrum
Vitamins.....

639

150-CT. PKG.

AFTER \$2.00 OFF COUPON AVAILABLE IN-STORE

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Acid Acid
Relief Tablets...

59¢

6-CT. PKG.

LIMIT 2 WHILE SUPPLY LASTS

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& Deli Dept.

VALUES!

Bakery, Deli,
& Seafood not
available at
all stores



Fresh Baked
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16-OZ.
PKG.

Orange Roughy
Fillets

489

lb.

DECORATED
Valentine's
Cupcakes.....

199

6-CT. PKG.

SEEDED OR
CORN MEAL TOPPED

Steak Buns.....

99¢

6-CT.
PKG.

REG. JALAPENO OR
REDUCED FAT

Lorraine
Swiss Cheese...

399

lb.

MESQUITE OR HONEY

Jennie-O
Turkey Breast..

499

lb.

ALPINE LACE
American
Cheese.....

299

lb.

ITALIAN BEEF, CORNED BEEF,
PASTRAMI OR
Swift Roast®
Beef.....

449

lb.

Shop 'n Save
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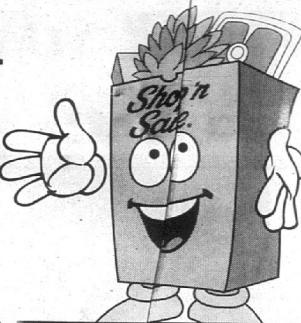
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More Great Values In-Store!

02123C

Shop 'n Save Brings You Great Buys

On Pillsbury Brands and Quick & Easy Meal Solutions!



ASSORTED VARIETIES

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Toaster Strudel

3/495

11.5-OZ.
PKG.

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REGULAR OR
REDUCED FAT

Pillsbury
Cinnamon Rolls
ORANGE, CINNAMON RAISIN
11.5-12.4
OZ. PKG.

3/\$4

Pillsbury
Danish Rolls
11-12
OZ. PKG.

2/\$3

SELECTED VARIETIES
Martha White
Muffin Mix
79¢
7-OZ.
PKG.

79¢

REGULAR OR LIGHT
MICROWAVE

Hungry Jack
Syrup
24-OZ. BTL

209

ASSORTED VARIETIES
Downyflake
Waffles
REG. OR BUTTERMILK
MICROWAVE

97¢

Hungry Jack
Pancakes
15.2-16.4
OZ. BOX

2/395

EXTRA LIGHTER BUTTERMILK
COMPLETE

Hungry Jack
Pancake Mix

159

37 OZ. BOX

LUNCH AND DINNER SOLUTIONS

ASSORTED VARIETIES

Green Giant
Pasta Accents

3/495

16-OZ.
BAG

INSTANT
Hungry Jack
Mashed Potatoes
169
13.5-OZ.
PKG.

SLICED
Green Giant
Mushrooms
129
4.5-OZ.
PKG.

SELECTED VARIETIES
CANNED
Green Giant
Vegetables
5/\$2
11-15
OZ. CAN

BROWN, HOMESTYLE
OR CHICKEN
Pillsbury
Gravy Mix
3/\$1
65-OZ.
ENV.

ASSORTED VARIETIES
Progresso
Soup
99¢
18.5-19
OZ. PKG.

ASSORTED VARIETIES
Pillsbury Plus
Cake Mixes

79¢

18-21
OZ. BOX

REGULAR OR UNBLEACHED
Pillsbury
Flour

79¢

5-LB.
BAG

ASSORTED VARIETIES
Pillsbury
Grands

3/\$4

16-17.3
OZ. PKG.

ASSORTED VARIETIES
Pillsbury
Big Country
Biscuits
79¢
10-CT.

PILLSBURY
Crescent
rolls
2/\$3
8-OZ. PKG.

SOFT BREADSTICKS OR
Pillsbury
Dinner Rolls
129
11-11.3
OZ. PKG.

BUTTER TASTING, FLAKY OR
BUTTERMILK, PILLSBURY
Hungry Jack
Biscuits
79¢
10-OZ.
PKG.

NEW ENGLAND
Progresso
Clam Chowder
139
18.5-19
OZ. PKG.

ASSORTED VARIETIES
Totino's
Party Pizza

4/395

9.8-10.9
OZ. PKG.

SNACK SOLUTIONS

REG., BLACK, FAT FREE OR
VEGETABLE
Old El Paso
Refried Beans
79¢
16-OZ.
PKG.

79¢

ASSORTED VARIETIES
Old El Paso
Cheese Salsa
15-OZ. PKG.

229

ASSORTED VARIETIES
THICK & CHUNKY OR
Old El Paso
Homestyle Salsa
2/\$3
20-OZ.
JAR

2/\$3

ASSORTED VARIETIES
Pillsbury
Cookie Dough
199
18-20
OZ. PKG.

199

SOFT
Old El Paso
Taco Shells
2/\$3
10-6
PC.

2/\$3

ASSORTED VARIETIES
Old El Paso
Burritos
TOSTADA, WHITE CORN
OR REG.

3/\$1

Old El Paso
Shells
2/\$3
4.5-5.25
OZ. PKG.

2/\$3

DELUXE, CHEESE CAKE OF
DOUBLE CHOCOLATE
Pillsbury Fudge
Brownies
99¢
15.5-21
OZ. BOX

99¢

ASSORTED VARIETIES
Totino's
Stuffed Nachos

4/595

7-OZ. PKG.

*Shop 'n Save
and Pillsbury*

Santa Fe Chicken

1 tbs. Oil
3/4 lb. Boneless, Skinless Chicken
Breast Halves, cut into thin strips
1 11 oz. can Green Giant® Niblets
Whole Kernel Sweet Corn Drained
1 cup Old El Paso® Thick 'n
Chunky Salsa
2 tbsp. Ripe Olives
1 cup broken tortilla Chips, if desired
2 oz. (1/2 cup) Shredded
Cheddar Cheese

Heat oil in a large skillet over
medium heat until hot. Add chicken; cook
and stir 3 to 5 minutes until chicken is no
longer pink.

Stir in corn, salsa and olives;
simmer 3 to 5 minutes until thoroughly
heated, stirring occasionally. Stir in chips;
sprinkle with cheese. Serve immediately.
4 servings.



*Shop 'n Save
and Pillsbury*

Custard Tarts

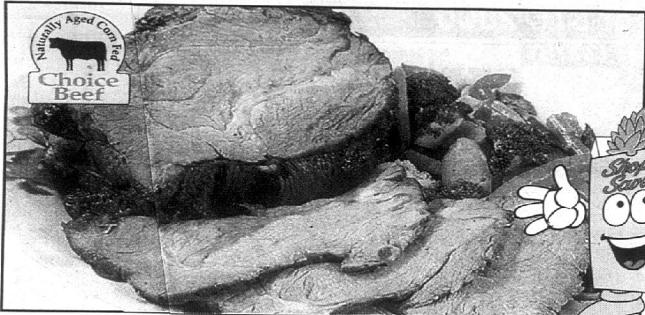
1 15-oz. pkg. Pillsbury® All-Ready
Pie Crusts
3 eggs
1/3 cup sugar
1 1/2 cup milk
1/2 tsp. salt

Preheat oven to 350° F. Open Pie
Crust and press to remove creases. Cut
12 circles from each crust using fluted
cookie cutter 3" in diameter. Fit pastry
circle into greased muffin cups, pressing
sides so they reach rims.

Beat eggs with whisk. Stir in sugar
and salt. Gradually blend milk. Spoon
about 2 tablespoons egg mixture into
each pastry.

Bake in at 350° F for about 25-30
minutes or until knife inserted in center of
custard comes out clean. Remove tarts
from pans. Cook on wire racks.
Makes 2 dozen.

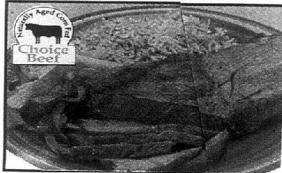
TOTAL VALUE



USDA CHOICE CORN FED BEEF
Boneless Chuck Roast

137

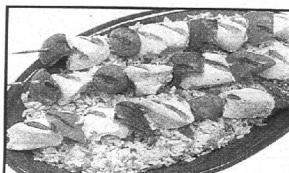
1lb. SOLD AS
ROASTS ONLY
LIMIT 3



FAMILY PACK
USDA CHOICE CORN FED BEEF
Boneless;
Charcoal Steak

179

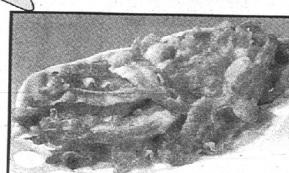
lb.



HUDSON ALL NATURAL CHICKEN
Fresh Boneless
Thigh Meat

139

lb.



MELLOW-CRISP
Sliced
Bacon

159

1-LB.
PKG.



BREADED OR BATTERED
STICKS OR FILLETS
Van De Kamp Fish

2/\$5

20-21 OZ.
PKG.

FAMILY PACK
Boneless
Beef Stew..... 199

BATTERED
Sea Pak
Round Shrimp 49
2-LB. LG.

PORTIONS OR STICKS
Gorton's Value
Pack Fish..... 299
24.5-OZ.
PKG.

Singleton
Shrimp Poppers 459
20-OZ. PKG.

BROWN N SERVE
Swift Premium
Sausage..... 99
7-OZ.
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ALL VARIETIES
Hillshire Smoked
Sausage..... 199
1-LB. PKG.

Jennie-O
Ground Turkey 89
1-LB.
ROLL

ALL VARIETIES
Oscar Mayer
Lunchables..... 4/\$5
4.5-OZ.
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HOT WINGS OR
Tenderbird
Chicken Bits..... 259
lb.

CHUNK
Kahns
Brauschweiger 159
1-LB. PIECE

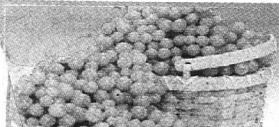
Jimmy Dean
Pork Sausage.... 239
1-LB. ROLL

REG. TURKEY OR LOW SALT
Seitz Jumbo
Hot Dogs..... 119
1-LB. PKG.

Summer Fruit Extravaganza!!



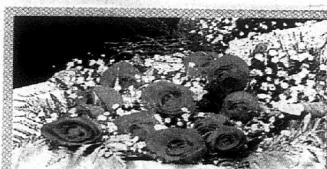
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Oranges..... 6.98

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Medley..... 198
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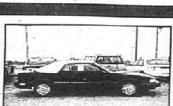
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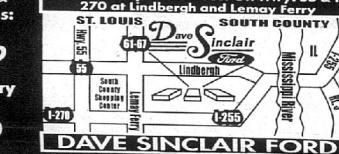
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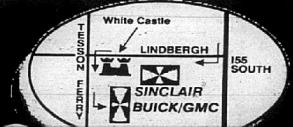


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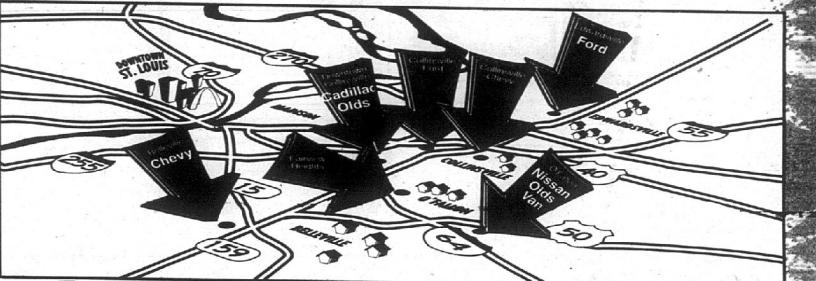
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94 DODGE RAM 1500	4 Dr., 4x4, V-8, Auto		
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95 HONDA CR-V	4 Dr., V-6, Auto, Power Seats, Leather		
95 MUSTANG GL	4 Dr., V-6, Auto, Heat & A/C, ABS		
95 FORD ECONOLINE 250 SUPER VAN	8V, 6 cyl, Auto		
95 DODGE RAM 34 TON	4 V, 5 Spd, A/C		
91 FORD ASTROSTAR XLT EXT. WAGON			
91 MUSTANG COUPE	5.0 V-8, Auto, All Power Options		
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95 FORD MUSTANG COUPE	5.0 V-8, Auto, 1-Owner, ABS, 2-Tone		
90 FORD ASTROSTAR XL EXTENDED	Loaded w/Power		
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HOME/GARDEN

Foraging creatures can be taught to stay off property

Imagine...a landscape of lawns, trees, wild flowers and shrubs are half-eaten and defaced; fences clawed and broken; garbage cans tipped over and emptied. Not a pretty picture, is it? And unfortunately, for thousands of homeowners, it's an all too real description of the serious damage wild animals and birds can do to property.

All in all, it's a problem homeowners would much rather do without; but solutions are not easy to come by. Victims of neighborhood damage have tried everything from setting shotgun traps to ward off deer, squirrels, raccoons, even neighborhood strays, but with little success. Wild animals are discouraged temporarily, but eventually return to feed and browse. The problem

seems insurmountable. So what's an environmentally-aware homeowner to do?

The answer may not be as difficult as you think. In fact, foraging creatures can easily be taught that your property is off-limits. Using common sense, a few simple precautionary measures and an effective animal repellent, such as Ro-Pel Animal, Rodent and Bird Repellent from Bur-lington Scientific Corporation.

Flowers and shrubs in the garden make a tasty treat for hungry four-legged scavengers. Bird seed, fence posts, areas frequently under attack, although it may seem an expensive alternative now, is one of the most cost-effective and permanent ways of keeping larger animals at bay in the long-run. To make doubly

sure that plants, and even the fence, don't come under attack, apply Ro-Pel Animal, Rodent and Bird Repellent to foliage and other absorbent surfaces.

Available as a liquid spray, repellents such as Ro-Pel work on the principle of aversive taste and can be applied safely to trees, shrubs, ornamental plants, grass, flowers and rocks. When animals try to lick, bite or taste in a sprayed area, they receive a sharp, bitter taste. This will keep them from eating anything coated with the spray, from geraniums to garbage. If they do bite, linger or taste, they will learn to associate the taste with pain. Sprays do not wash off in rain, snow, dust or wind, any animal that returns to feed again will get another bitter reminder that this property is off-limits. Essentially, animals are "trained" to leave

your property alone without any harm to the animal or the environment.

Floralowering bulbs add a touch of royal splendor to any landscape. Bulbs, however, are also a dietary staple for many ground-dwelling creatures, such as rabbits, squirrels and chipmunks. To keep these animals from making a restaurant out of your garden, soak bulbs for a minute in a repellent prior to planting. This will give any bulb-eating creature a foul-tasting

message that these plants are no longer on the menu. After bulbs have grown and flowered, spray the blossoms with the repellent again to deter animals such as deer and rabbits from chewing on flowers and other foliage.

Every person's trash is a hungry animal's treasure. So open garbage containers are a common target for nighttime creatures on the hunt for an evening's meal. More often than not, the feeding frenzy results in a yard littered with the week's garbage and a severe headache for the person responsible for clean-up.

To avoid this scenario in the future, invest in a new, sturdy set of trash cans with tight-fitting lids. If you're using paper bags, try switching to a more durable, and tear-resistant bag. If you're using a bag, consider using a contact repellent, such as Garbage Protector, to ward off unwanted foragers, among them stray cats, squirrels and mice.

Do a white kitchen — creatively

The trend toward white kitchens turns heads, but the white-on-white look is just as good for your taste as any other. Can a kitchen be white without the appearance of boring sameness?

"Actually, doing all or a major portion of a kitchen in white allows more personal creativity in designing a space that's definitely neither bland nor boring," say home economists from Whirlpool Corporation.

They suggest combining a white-finished cabinets with

contrasting black glass appliances, using touches of brass for cabinet hardware and surfaces. Kitchen areas with natural wood tones. Varied-height base cabinets are topped by white counters with contrasting wood edging. A ceiling skylight and hardwood floors emphasize the basic white and black of the kitchen centers.

According to Whirlpool home economists, this "baked" U-kitchen is just as efficient as it is beautiful. On the right, a deluxe baking center features

a combination full-size microwave oven and 30-inch self-cleaning electric oven. The electric island sits in the adjacent center island of a very convenient spot for handling and serving food from the ovens.

Joining the baking center, the food storage area features a deluxe 25-cu. ft. side-by-side refrigerator-freezer. The grooved wood panels installed in its doors match those of surrounding cabinets, giving the appliance a built-in appearance.

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MOVE-IN CONDITION! Very neat 3 bedroom bungalow with attached garage. This summer you will enjoy the fenced back yard and the above ground pool. LG 83.

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Bennie MacEachern	451-6086
J. Jane McCord	451-8068
Charles McDonald	451-7121
Neva Lucas	931-1318
Helen Ramos	876-3096
John Parker	931-3130
James Parmenter	931-6751
Lorraine Schmidt	451-6086
Evelyn Spickett	739-1848
Charles Williams	451-7121
Betty Talcott	452-2777
Arline Watkins	876-0338
	876-7510



Motivated Seller! 2 bedroom home in great condition. Natural wood work. Large kitchen, large basement. Ready to move-in. LG 27.



Open floor plan, nice wood cabinets, master bedroom has 3/4 bath, dining room, large kitchen, large front porch with wood deck. Move-in condition. LG 38.



Roomy, comfortable rooms in the 4 or 5 bedroom home. Lots of closets and storage space. Full basement. Lots of room to call for ALL of the details. LG 259.



Large Remodeled Eat-In Kitchen - lovely 2 bedrooms home with full basement. Large kitchen, large front porch. Reasonably priced at \$18,000. LG 533.



Executive home with everything! 4 spacious bedrooms. 3 lovely woodburning fireplaces, oak cabinets, granite counter tops, 1st floor laundry, car garage, so much more! Located on cul-de-sac in Crestwood Lds. LG 970.



Nice size rooms in this 2 bedroom bungalow. Large front porch for sitting and relaxing. Large bedrooms, large kitchen and covered patio for all your cookouts this summer. Call today for an appointment for a small price. \$18,000. LG 565.

REDFIELD! Very nice mobile home. Custom made and well taken care of. Low payments on rented lot or move it to your lot. Reduced to \$4,000. LG 591.



13201, ESH: You can own this 1900 sq. ft. 2 story w/3 BRs, LR, DR, FR, large kitchen, more for a lower payment. Great room, transom. Call Brad Wallace at 656-5282. 24 hr. to find out more.



R3201, KINGSBROOK: Approx. 2350 sq. ft. of living space plus a 3 car garage. Large great room, great eat-in kitchen, large master, 2nd floor bath, large walk-in closet, more. Call Shirley Smith at 341-2456. \$184,500.



R3415, KINGSBROOK: Open & airy is the design of the new 2 story offering 4 BRs, 3 baths, 3 car side entry garage, large great room, large kitchen & more. Call Don Whitehead at 288-5578 or 338-9645. \$189,900.



R3472, BROOKSHIRE: Large traditional 2 story, 2,000 sq. ft. living space, 4 BRs & lots of closet space. Large kitchen, large dining room. Large fenced back yard. Call 656-6300 or page 338-7070.



R3411, MONTCLAIR: Charming all brick bungalow. 3 bedrooms, 2 baths, up, shower, & stool in partial basement. Fenced back yard, close to shopping, schools, etc. Call 656-5213 or 288-5213 or page 338-5509. \$86,500.



R3342, DUNLAP LAKE: Well maintained all brick 3 BR ranch on a corner lot. Large kitchen, large dining room, large living room, large back porch. Call 656-5378 or page 338-9621 for details. \$139,900.



GRANITE CITY



13814, GOLF COURSE: Lot with potential. 2000 sq. ft. Call RICHARD ANDERSON 692-1579 or pager 341-9732.



R3520, JONES: 4 BR, 2 bath, 2 car garage, Delightful brick home for only \$87,000. Home includes 3 BRs, 2 baths, eat-in kitchen, large living room, large back porch. Call SHIRLEY SMITH 341-2456 for more info.



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1 VIAL OF CRACK COCAINE
3 PACKETS OF HEROIN
1/8 OZ OF MARIJUANA

A QUARTER GRAM OF COCAINE

THIS IS HOW
A DESPERATE
DRUG ADDICT
SEES YOUR CHILD.

He doesn't see the energetic, young mind that underneath the cassette recorder. He doesn't see the match-locked kid-on-the-block that's inside the leather jacket. All he sees is the cassette recorder and the jacket, and how to get the money for his next fix.

But the drug-addict's real blindness is that it reverse the heartbeat he will cause when he leaves your child lying on the street.

Start now by calling 1-800-WE-PREPARE, and we'll send you information on successful ways to join with others to protect your children from crime in your community.

Fight back against drug-related crimes. Call 1-800-WE-PREPARE.

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Ad Council
Crime Prevention Coalition and
U.S. Department of Justice

American Heart Association
Fighting Heart Disease and Stroke

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